

GROCERY SHOPPING STORE HACKS

Logistics

- Have a healthy snack so you won't be hungry. It will help you to make healthy choices.
- Make a list of the items you need for the meals, snacks, and stick to your list.
- Use a reverse list.
- Shop the perimeter of the store.
- The best time to do groceries is in the mornings fewer people
- Use online grocery services

Vegetables & Fruits

- Buy veggies and fruit that are in season or frozen. These often cost less and taste better.
- If you choose canned veggies and fruit, avoid those with added salt or sugar.
Or rinse them well.
- Shop the rainbow. Bright colors mean nutrients in the format of vitamins & minerals
- Green = magnesium; Yellow and red = Beta carotene
- When choosing lettuce, the darker color means there are more nutrients.

Dairy

- Any kind of milk.
- Yogurt choose nutrition vs. cost. Look for the nutritional content. Save money by buying a larger container of Greek plain yogurt.
- Buy strong flavor cheeses they will add more flavor and less quantity. Mozzarella and Swiss, cheese have less sodium and fat.

Protein

- Buy lean cuts of chicken and fish. Eat fish twice a week.
- Buy lean red meat cuts such eye round, pork tenderloin
- Cost savings: Buy a whole rotisserie chicken at any grocery store. It's cheaper and provide multiple meals.
- Try alternative proteins such as hummus, beans, tofu, legumes and veggie burger.

Packaged Products

- Look for serving size, amount of sugar less than 5 grams, amount of fiber more than 3 grams and at least 6 grams of protein.
- More than 5 ingredients leave it at the store
- Based on 2000 calorie intake (will vary per individual)
 - Saturated fat less than 22 grams
 - Total sodium less than 2300 milligrams
 - Cholesterol less than 300 milligrams

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Select at least 1 new food to try this week. _____

Go! Eat daily

Vegetables (fresh, frozen, canned)

- Asparagus
- Baby corn
- Bamboo shoots
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage (red, green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Coleslaw (packaged, no dressing)
- Collard Greens
- Cucumber
- Edamame
- Eggplant
- Green beans
- Jicama
- Kale
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Potatoes (russet, red, white, yellow,

- blue/purple, fingerling and petite)
- Radishes
- Salad greens (lettuce, romaine, arugula, radicchio, watercress)
- Spinach
- Sprouts
- Squash (summer, crookneck, spaghetti, zucchini)
- Sugar snap peas
- Sweet potatoes (Georgia Jet, Jewel, Garnet, Heartgold, Stokes)
- Swiss chard
- Tomatoes
- Turnips
- Water chestnuts

- Apples
- Avocados
- Bananas
- Berries (blackberries, blueberries, raspberries, strawberries)
- Cherries
- Dragon fruit
- Figs
- Guava
- Grapes
- Grapefruit

- Honeydew melon
- Kiwis
- Kumquat
- Lemon
- Mango
- Mandarin
- Melons
- Nectarines
- Peaches
- Oranges
- Papaya
- Passion Fruit
- Persimmon
- Pineapple
- Plums
- Pomegranates
- Pummelo
- Quince
- Starfruit
- Soursop
- Tamarind
- Watermelon

Fruits (fresh, frozen, canned without syrup)

Enjoy every day in moderation

Beans- Legumes-Nuts-Seeds

- Almonds, cashews, peanuts, pecans, walnuts
- Beans (black, kidney, white, chili, lima)
- Black-eyed peas
- Chickpeas
- Lentils
- Seed and nuts butter
- Peas
- Pine nuts
- Pistachios
- Sunflower seeds
- Hummus

Meats-Dairy

- Chicken & Turkey
- Baked or grilled fish
- Shrimp, crawfish, clams, mussels or lobster
- Pork or beef loin, round or flank steak
- Tuna (canned in water)
- Hamburger meat
- Turkey and chicken burger
- Eggs and egg substitutes
- Cheese, cream cheese
- Milk
- Butter
- Greek yogurt

Grains-Breads-Cereals

- Brown rice
- Corn tortillas
- Oatmeal (steel cut or regular)
- Polenta, quinoa, farro
- Whole wheat bread, bagels, English muffins, cracker.
- Whole wheat couscous, pancakes, tortillas
- Whole wheat pasta
- Whole wheat pita bread
- Whole wheat tortillas chips