

Supermarket Survival 101



Or how to shop at the supermarket and still eat a healthy diet.

Plan ahead

1. Take a few minutes to plan your meals for the next few days. Supermarket flyers can help you take advantage of what's in season and what's on sale.
2. Look in your cupboards and refrigerator to check what you already have on hand.
3. Make a list (and don't forget to take it with you). Shopping with a list can help your budget, too – fewer impulse buys!
4. Are you ready to try a different cooking method, a new vegetable, or a new recipe? Add those ingredients to your list.

Beat the hungries!

RULE ONE: Don't shop when you're tired or hungry. That just makes it harder to stick to your plan.

Most supermarkets are carefully planned so that if you shop every aisle, you'll pass a lot of unhealthy (and maybe costly) temptations on your way to the good stuff. Do most of your shopping in the outer aisles where you're most likely to find the unprocessed food: fresh fruits and vegetables, meat and seafood and dairy.

Just say NO to:

- Foods that contain hydrogenated or partially hydrogenated fats
- Foods that contain high-fructose corn syrup, or other sugar disguises like maltose, sucrose and dextrose. Hint: If the name ends in -ose, that means sugar.

- Sodas and other sugary beverages – a source of empty calories, and not a good option if you're trying to make healthier choices.
- “Instant” prepared foods (usually low in fiber) and “diet” foods (maybe lower in fat, but with extra sugar and/or salt to enhance taste).
- Saturated fats: that means fatty meats, full-fat dairy, butter and cheeses.

Overall Strategy:

For a variety of nutrients, eat a rainbow! Challenge yourself to create a rainbow of fruits and vegetables with dark leafy greens, red and yellow peppers, sweet potatoes, blueberries, cantaloupe and avocado.

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