

# Helpful Tips for Healthy Shopping

- **Make a shopping list before going to the store and don't shop when you're hungry. You're more likely to buy more than what you had intended.**
- **Shop for fresh fruits and vegetables that are in-season—they tend to cost less and have more flavor than out-of-season produce.**
- **When shopping for grains (bread, cereals, pasta, rice) read the ingredient list to make sure that the first ingredient is a whole grain. It will typically list "whole wheat flour", "whole oats" or some other "whole" grain.**
- **Shop for cereals that are low in sugar. Read the label and look for cereals with at least 3 grams of fiber and less than 12 grams of sugar per serving.**
- **Choose fresh, frozen, or no-salt-added canned vegetables to reduce sodium.**
- **When shopping for fruit, choose fresh, frozen, or fruit canned in light syrup or its natural juice.**
- **Choose low-fat or fat-free dairy products like fat-free milk, low-fat yogurt or cottage cheese and low-fat cheeses.**
- **Look for lean protein like white-meat chicken or turkey, extra-lean ground beef, and sirloin cuts.**
- **Be aware of foods touted as "all natural". This claim does not necessarily make them healthy. Read the label to know what you're getting.**

