



HEALTHIER SHOPPING HABITS

Did you know that you'll find many of the healthiest and freshest food around the perimeter of the grocery store? Primarily shopping the perimeter of the grocery store can help save you calories – and money – while promoting a healthy and diverse diet.

FRESH PRODUCE

Fresh fruits and vegetables are high in fiber, vitamins and minerals. For an 1,800 calorie diet, you need a total of four cups of fruit and vegetables each day. The more color in your basket the better – go for dark greens, oranges, reds and purples.

BAKERY

Many whole grain products can be found in the store's bakery. Whole grains are a great source of fiber and other nutrients. Look for the words "whole grain" or "whole wheat" in the ingredient list.

PROTEIN

Stop at the butcher counter for fresh beef, chicken, pork and fish, all are great sources of protein. Choose lean or low-fat meat and poultry for lower saturated fat content. Fish, however, provides healthy fats. Eggs and tofu are other protein-packed foods also found around the perimeter of the store.

DAIRY

Low-fat milk, yogurt and cheese are found in the dairy section. These foods are high in calcium, potassium and vitamin D. Dairy products without added sugars are the best choices.

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and more healthy ideas at
www.odscanpanies.com/members



SHOPPING LIST SUCCESS

A good shopping list can help you stick to your goals and avoid unhealthy impulse buys.

- ▶ Prepare a comprehensive grocery list before heading to the store.
- ▶ Organize your list by department to avoid wandering into the pre-packaged food aisles.
- ▶ When venturing into the center of the store for staples, such as rice, oatmeal, dried beans, flour or sugar, be sure to stick to your list and avoid highly-processed goods.

