

Food Shopping Tips

Before you go....

- Make a rough plan of what you will eat for dinner over the next week
- Think about food for lunch if you don't want leftovers
- Plan 2-3 different breakfast ideas
- Look in your cabinets, refrigerator, freezer to see what you already have
- Make your grocery list
 - To save money: use the circular when planning meals and then estimate how much each item will cost and bring cash to the store. This will ensure you can't buy more than what is on the list

And Finally, EAT. Never go to the store hungry.

Aisle by Aisle.....

Produce: All fresh fruits and vegetables can fit into your diet. Choose a variety of colors and eat in season for maximum savings and flavor. Want to take salad every day for lunch or eat fruit every day for breakfast? Purchase enough for one week.

Meats/Fish

- Boneless skinless chicken
- Turkey chops or cutlets
- Center cut pork chops, trimmed of visible fat
- 90% or leaner ground beef or turkey
- Any fish or shellfish
- Sirloin steak, trimmed or filet mignon

From the deli: limit if sodium is an issue

- Reduced sodium turkey or ham
- Slender slice American Cheese
- Jarlsburg, thin sliced provolone
- LIMIT salami, pepperoni and bologna

Grains: look for fiber and monitor portion sizes

- Farro
- Brown Rice
- Whole wheat pasta
 - If you can't tolerate whole wheat pasta, try Ronzoni Smart Taste or Barilla Plus
- Quinoa
- Rice/ Grain Blends (contain different types of rice or grains mixed together)
- Whole potato/ sweet potato

Breads: look for at least 3 grams of fiber, 50-100 calories per slice

- 100% whole wheat bread
- Sandwich thins or Deli Flats
- Rye bread or Pumpernickel
- Ezekiel bread

Cereals: look for more than 3 g fiber

- Total Bran Flakes
- Kashi Go Lean
- All Bran
- Wheaties
- Old Fashioned or Steel Cut Oats or Quaker Weight Control Oatmeal

Dairy

- 1% or nonfat milk
- Unsweetened almond milk or soy milk
- Low fat, no sugar added or low sugar yogurt
 - Greek yogurt has more protein; try Yoplait Light Greek, Chobani 100 or Dannon Triple Zero
- Skinny Cow cheese
- Babybel or String Cheese
- Ultrathin Sargento sliced cheese

Snacks/ Treats

- Crackers- look for Wasa Crisps, Ak Mak or Triscuits
- Pretzels- try multi grain and pair with a protein
- Graham crackers or Ginger Snaps for a lower sugar treat. Monitor portion
- Single serving Edy's slow churned ice cream cups
- Wholly Guacamole (in produce aisle)

Canned Goods

- Low sodium beans
- Low sodium soups
- Canned tomatoes

Frozen Foods

- Veggie burgers
- Frozen vegetables
- Edamame
- Frozen fruit (no sugar added)