

Smart Food Shopping

Here are some tips to shop efficiently to get the best nutrition value for your food dollar!

Things to Remember Before You Go...

Make a Plan

- Plan out some of your most challenging meals for the week. This will give you an idea of what the meals for your week will look like and how to prepare for them. Plan your lean protein foods and non-starchy vegetable sides first

SHOPPING LIST



Make a List

- Physically write down the ingredients and foods you may need based of your plan. You can utilize a notebook, your phone, or an App to record every item you may need. This will help you stay on track at the store so that you know exactly what you're looking for!



Eat Beforehand

- It's never a good idea to go to food shopping on an empty stomach. You need food to fuel your brain so that you can make the best decisions possible! When you go to the store hungry, you're more likely to make impulse purchases on foods that look good, or even purchase more food during your shopping trip because you are hungry.



7 Tips to Keep in Mind When You're Food Shopping...

1. Shop the Perimeter First for Whole Foods

- Whole foods such as fresh produce, lean meats, plant proteins such as soy, nuts, fish and reduced fat dairy foods are usually located on the perimeter of most stores (see diagram to the right). There's no need to waste time going down every aisle where most of the processed foods are located. By not immediately going down the aisles (or all the aisles) you can avoid many of the temptations that come with grocery shopping (cookies, pies, ice cream, chips, etc.).



Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

http://www.ehhd.org/files/storage/103/141/403/327/373/June_Newsletter_Mansfield_FINAL_2019.pdf

2. Read Food Labels

- Get to know your products by checking out the nutrition facts label located on the packaging of food items. Start with the servings per container and the serving size, then take note of calories per serving, added sugar, sodium and fat within the product.

Check the ingredients list too. The first 3 ingredients usually tell the most about what the food is. Don't forget to bring your glasses or magnifier to be able to read this list. Try to steer clear of foods that contain high fructose corn syrup or other forms of added sugar, salt, partially hydrogenated fats, excess fillers etc. Talk to your dietitian for more information on reading nutrition labels and the amount of added sugar, sodium and fat you should be consuming.

3. Choose Vegetables and Fruits for the Week

- For the best tasting, best nutrition and price value for your money, check the local food guide websites in your area to find out what foods are available each season. In Delaware check:

<https://agriculture.delaware.gov/communications-marketing/farmers-markets-guide/>

Check out the “Have a Plant” guides on fruitsandveggies.org on how to buy, store and handle any plant foods.

Canned and frozen produce can be just as nutritious as fresh. They are always available in the store in every season, and often cost less. Canned and frozen fruits and vegetables are great to keep on hand for quick healthy meals. Just be sure to pay attention to the labels and choose the “Low- Sodium” or “Reduced Sodium” cans, fruits canned in 100% fruit juice or water, and frozen vegetables without added sauces.

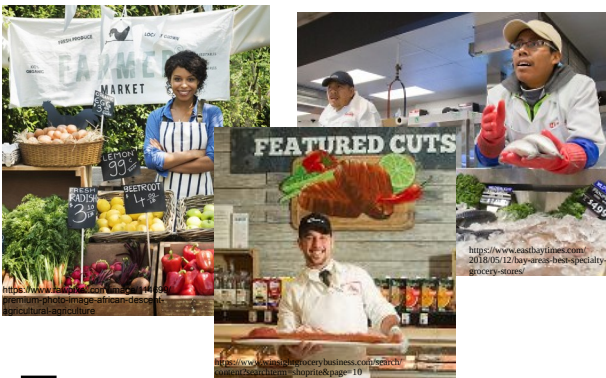


4. Search High and Low for Healthier Options

- Grocery stores don't place their products on the shelves at random. National brand food manufacturers pay extra to be featured at eye-level in hopes of increasing sales. Unfortunately, most popular products may not be the healthiest choices. You can often find inexpensive and nutritious foods located on the bottom or tops of shelves such as high fiber cereal, whole wheat bread, beans, legumes and vegetables.

5. Timing is Everything

- Going at non-peak hours (morning, weekends, mid-day during the week) is the most efficient way to get in-and-out of the grocery stores expediently. Check your local store's hours to see when they open. Not only do you beat the crowds, but you'll be able to have first-pick of the fresh produce!



6. Get to Know Your Food Providers

- Going to the store early also allows you to speak with your farmers/Growers, Butcher and Fishmonger. They can give you important insight on fresh produce, meat and fish to help you pick the healthiest option. Don't be afraid to ask questions like what meat contains the least amount of fat, or which fish is wild/frozen. They can even suggest new methods of preparation if you are new to cooking.

7. Do a Final Check

- Before you head to checkout line, pull your cart over and take a final look. Do you have a variety of fruits, vegetables, lean animal/plant proteins, and whole grains? Don't forget to include healthy fats such as avocados, nuts, healthy poly and monounsaturated oils such as flax seeds, soy bean, canola, and olive oil.



Get to know your store so that you know exactly where to go when you are in need of certain items. Be sure to check out local farmers markets and wholesale stores in your area! They may carry different varieties and options at a better price! If necessary, don't overlook online shopping options to help you keep a variety of healthy foods available each week. For more ideas on what specific kinds of foods to purchase when grocery shopping, talk to your Registered Dietitian!