



Navigating the Grocery Store: Tips for Successful Shopping

Plan Ahead

- ❖ Before you head out on that shopping trip, take a trip through your kitchen and decide what you'll want for meals and snacks in the upcoming week or two. Check ingredients you'll need for certain recipes, and make sure recipes you plan on will fit into your time schedule.
- ❖ Make a list and stick to it. This will help avoid purchasing unnecessary items or doubling up on items you might already have.
- ❖ Be sure to have a snack BEFORE you head out. Shopping while hungry can often lead to self-sabotage; satisfying your hunger with convenience foods that are high in calories and low in nutritional value.

Shop the Perimeter

- ❖ Have you ever paid attention to the layout of the grocery store? Ever notice that all of the fresh food is on the outside edges of the store?
- ❖ Shopping the perimeter is your best bet, since that's where you'll find all your fruit, vegetable, meat, deli, bakery and dairy items. The center aisles are where you'll find foods such as crackers, chips, cookies and canned goods – foods that are processed, and typically higher in calories.

What to Buy

- ❖ Try to purchase foods that are lower in calories, fat, and sodium as much as possible
- ❖ Purchase fat-free or low-fat (1%) dairy items, such as milk, cheese or yogurt
- ❖ Limit drinks with added sugar, such as soda and juice. Instead, choose water and look for juices with no added sugar
- ❖ Pay attention to the food lists on grocery items – this will help you when choosing foods with the most nutritional value

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories From Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g