

Grocery Shopping Tips for a Healthier Diet

“Sugar is a bodily fuel, yes, but your body runs about as well on it as a car would.”

~V.L. Allineare

The moment is here. You’ve smartly decided to buckle down and live a healthier lifestyle.

A good place to start practicing your healthy lifestyle is with good nutrition. And good nutrition *begins with what you purchase at the grocery store.*



Grocery Shopping Tips for a Healthier Diet

- 1. Plan out a weekly menu.** Your grocery shopping process should begin before you get to the grocery store. Plan your healthy meals for the following week.
- 2. Always go with a list.** Now that you have a menu for the following week, make a list of what you'll need to make these healthy meals and take it on your shopping trip. This way, what you are going to get at the grocery store has already been decided – your trip to the grocery store is simply executing the healthy plan you've already decided on.
- 3. Don't go when you're hungry!** This is a common tip, but it's true: You will want to buy junk food if you're hungry at the grocery store. Eat a good meal first and you're more likely to stick to your plan. *And you always want to stick to your plan.*

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4. Shop the perimeter. Most junk food is located in the center of the grocery store. If you're spending too much time in the middle, you're buying too much junk. Stick to the perimeter where the fresh produce, dairy, meat and fish are usually located.



5. Buy mostly fresh, real food. Choose mostly "real" food that doesn't contain a whole lot of artificial ingredients, sugar and salt. These overly processed food are not good for you! Stick to making real meals with real food made from fresh ingredients.



GROCERY SHOPPING CHECKLIST

- Plan out a weekly menu.
- Always go with a list.
- Don't go grocery shopping hungry!
- Shop the perimeter.
- Buy mostly fresh, real food.