

Grocery Shopping Tips

Start with a basic foundation of fruits, vegetables, whole grains, low fat/non fat dairy, and lean proteins

Produce – What to Buy

Shop the rainbow! – choose bright colored produce

- Fiber foods – berries
- Frozen fruits & vegetables – next best thing to fresh
- Canned fruits and vegetables
 - In juice or water – NOT syrup
 - Less than 65 mg of sodium



Starches – What to Buy

Choose “whole grain” and “whole wheat” products

- Bread
 - 3 grams of dietary fiber per slice
 - Less than 90 calories per slice
- Soups
 - Low-sodium varieties
 - Less than 200 mg of sodium
 - At least 7 grams of protein
 - Choose broth or vegetable based soups
- Beans
 - Good source of protein, but high in carbohydrates
 - Rinse canned beans with water before eating



Dairy – What to Buy

- Skim or 1% milk
- Cheese – low fat
 - Less than 5 grams of fat
 - Less than 140 mg of sodium
- Cottage cheese – low fat
 - Less than 140 mg sodium or “no salt added”
- Yogurt
 - Less than 15 grams of sugar
 - Less than 110 calories per serving
 - Greek yogurt is a good source of protein



Proteins – What to Buy

Lean cuts of meat: grilled or baked

- Poultry
 - Chicken & turkey: no skin
 - Ground turkey or chicken: 93% lean
- Pork
 - Lean ham, Canadian bacon, pork tenderloin, center loin pork chops
- Red meat
 - Flank steak, round steak, sirloin, tenderloin
 - Ground beef: 93% lean
- Fish: grilled or baked
 - Canned tuna or salmon
 - Packed in water
 - Low sodium



Smart Shopper Saving Tips

- ❖ Never go to the grocery store hungry
- ❖ Make a shopping list – you will be more likely to shop within your budget
- ❖ Shop the perimeter of the grocery store



- ❖ Buy fresh fruits and vegetables in season
- ❖ Buy in bulk
- ❖ Shop at discount stores and go to food pantries
- ❖ Clip those coupons – most stores have sales on certain days of the week



- ❖ Buy generic – look for generic or store brand versions of your favorite foods
- ❖ Don't be wasteful – make only enough food for each person to have an appropriate portion of food
- ❖ Budget for groceries and eat fewer meals away from home – eating out can really add up!