

# Grocery Shopping Tips

## General Guidelines

- Shop from a list to avoid impulse purchases
- Write your shopping list based on your meal plan for the week
- Shop after eating, instead of when you're hungry or tempted to buy extra food
- Select most foods from the perimeter (outer aisles) of the store
- Read food labels to make healthy choices

Food Group	Choose	Limit
Grains Breads Cereals Other grains (rice, pasta, etc.)	<ul style="list-style-type: none"> <li>• Breads: look for whole wheat products with <b>&gt; 3 grams of fiber</b> per serving; the first ingredient should say <b>"whole"</b></li> <li>• Cereals: look for whole grain products with <b>&gt; 3 grams of fiber</b> and <b>&lt; 8 grams of added sugar</b> per serving.</li> <li>• Other Grains: whole wheat pasta, brown rice, wild rice, barley, bulgur, whole wheat couscous, quinoa</li> </ul>	<ul style="list-style-type: none"> <li>• Breads: refined white bread products, donuts, muffins, croissants, pastries, etc.</li> <li>• Cereals: refined cereals with <b>&gt; 8 grams of added sugar</b></li> <li>• Grains: refined white grain products: pasta, rice or other grains prepared with sauces/butter (high in sodium and fat)</li> </ul>
Starchy Vegetables	Sweet potatoes, yams, winter squashes, peas, lima beans	French fries, potato chips
Fruits & Vegetables	<ul style="list-style-type: none"> <li>• Fresh or frozen fruits and vegetables</li> <li>• Unsweetened dried fruit</li> <li>• Fruit cups packed in water or 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen fruit with added sugar</li> <li>• Frozen vegetables prepared with butter, cheese, or cream sauces</li> <li>• Dried fruit with added sugar (Craisins/raisins)</li> <li>• Canned fruit in heavy syrup</li> </ul>
Milk and Yogurt	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Yogurt: plain or unsweetened yogurt</li> <li>• Cheese: low sodium</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate milk, cream, half and half</li> <li>• Yogurt: sweetened yogurt or yogurt with fruit on the bottom, with added candies</li> <li>• Cheese: processed cheese product (Cheez Wiz, Kraft singles)</li> </ul>
Meat, Poultry, Seafood and other protein foods	<ul style="list-style-type: none"> <li>• Meats: eye round, top round, bottom round, sirloin, pork tenderloin</li> <li>• Ground meat: 90 to 93% lean ground beef/turkey</li> <li>• Poultry: skinless chicken or turkey breast</li> <li>• Fish and Shellfish: salmon, halibut, Mahi Mahi</li> <li>• Meat substitutes: all-natural peanut butter, hummus, tofu, tempeh, edamame</li> </ul>	<ul style="list-style-type: none"> <li>• Meats: prime-grade fatty cuts of meats, spare ribs, sausage, hot dogs, lunch meats like salami or bologna</li> <li>• Poultry: fried/breaded chickens, goose, or duck</li> <li>• Seafood: fried/breaded seafood or fish</li> </ul>
Fats & Oils	<ul style="list-style-type: none"> <li>• Oils: Olive, peanut, corn, sunflower, safflower, sesame</li> <li>• Butter/Margarine: trans-fat free margarine tub or butter</li> <li>• Others: reduced-fat sour cream and cream cheese, oil-based salad dressings, avocados, and olives</li> </ul>	<ul style="list-style-type: none"> <li>• Stick margarine, shortening, lard, cream cheese, sour cream, and regular creamy dressings</li> </ul>
Snack foods	<ul style="list-style-type: none"> <li>• Whole grain crackers, air-popped popcorn, unsalted or lightly salted nuts, whole grain granola bars</li> </ul>	<ul style="list-style-type: none"> <li>• Refined, processed grains, cakes, cookies, ice cream, etc.</li> </ul>
Beverages	<ul style="list-style-type: none"> <li>• Water, seltzer water, flavored and unsweetened sparkling water, unsweetened tea, and black coffee</li> </ul>	<ul style="list-style-type: none"> <li>• Sweetened soft drinks, fruit drink, punch, energy drinks or sports drinks</li> </ul>

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