

Grocery Shopping Tips Postpartum

Five Grocery Shopping Rules to Live By:

- ✓ Shop from a list to avoid impulse purchases
- ✓ Create your shopping list based on your meal plan for the week
- ✓ Shop after eating so that you are not tempted to buy extra food
- ✓ Select most foods from the outer aisles/perimeter of the store
- ✓ Read food labels to make healthy choices

Food Group	Choose	Avoid
Grains, Bread, Cereals	<p>Bread: look for whole wheat products with 3 grams of fiber or more per serving; the first ingredient should say “whole”</p> <p>Cereals: cereals with 5 grams of fiber or more and less than 8 grams of added sugar per serving</p> <p>Grains: whole-grain pasta, brown rice, wild rice, barley, bulgur, whole-wheat couscous, quinoa</p>	<p>Bread: white bread products, donuts, muffins, croissants, bagels, pastries, etc.</p> <p>Cereals: cereals with more than 8 grams of sugar per serving and less than 5g of fiber per serving</p> <p>Grains: white grain products, and pasta, rice or other grains prepared with sauces (high in sodium and fat)</p>
Starchy Vegetables	Sweet potatoes, yams, winter squashes, peas, lima beans	French fries, potato chips
Fruit & Vegetables	Fresh or frozen fruit and vegetables Unsweetened dried fruit	Frozen fruit with added sugar; frozen vegetables prepared with butter, cheese or cream sauces; dried fruit with added sugar (like Craisins), canned fruit in heavy syrup
Milk & Yogurt	<p>Milk: Milk, unsweetened almond or soy milk</p> <p>Yogurt: plain and unsweetened</p>	Cream or half-and-half; yogurt with fruit on the bottom/with granola/candies, processed cheese products
Meat, Poultry, Seafood & Other Protein Foods	<p>Meat: eye round, top round, bottom round, sirloin, pork tenderloin, ground meat (90-93% lean)</p> <p>Poultry: skinless chicken or turkey breast</p> <p>Fish and Shellfish: salmon, shrimp, cod</p> <p>Meat substitutes: all-natural peanut butter (no sugar or salt added), almond butter, cashew butter, hummus, tofu, tempeh, edamame, beans, eggs</p>	<p>Meats: prime-grade fatty cuts of meats, spare ribs, sausage, hot dogs, lunch meats like salami or bologna</p> <p>Poultry: fried or breaded chicken, goose, or duck</p> <p>Seafood: fried or breaded seafood; fish high in mercury such as swordfish, tilefish, ahi tuna, bigeye tuna, marlin, king mackerel and shark.</p>

This content is provided for informational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. You should always consult your doctor or other qualified health provider if you have questions or concerns.

Grocery Shopping Tips Postpartum

Food Group	Choose	Avoid
Fats & Oils	<p>Oils: olive, peanut, sunflower, safflower, sesame</p> <p>Butter/Margarine: trans-fat free margarine or butter in a tub; reduced fat/whipped cream; oil-based salad dressings, avocados</p>	Stick margarine; shortening; lard; sour cream; and regular, creamy salad dressings
Snack Foods	Whole-grain crackers, unsalted air-popped popcorn, handful of nuts, Cliff, Luna or KIND protein bars	Limit chips, cakes, cookies, ice cream and other sweets that are high in fat and sugar
Beverages	Water, sparkling water, flavored sparkling water, tea, decaf coffee. Limit caffeinated coffee to 8-12 oz. per day	Sweetened soft drinks, fruit drink/punch, energy/sports drinks

This content is provided for informational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. You should always consult your doctor or other qualified health provider if you have questions or concerns.