

Learn To Be A Healthy Shopper

Plan your shopping so that your freezer, fridge, and pantry are always stocked with healthy foods. Here are a few ways to make shopping for a healthy kitchen easier.

- Make a healthy list and stick to it. Staying focused will help you avoid buying foods that are not healthy.
- Never go to the store hungry! You'll find yourself putting high-calorie snack foods in your cart.
- Stick to the aisle where you find whole foods such as fruits, vegetables, dairy foods, bulk foods and meats. Skip aisles that have high calorie foods like chips, frozen pizza, cookies, and soda.
- Involve your kids with shopping. Give them "assignments". You can have one child select pears and another find the whole-wheat pasta. Kids are more likely to eat healthy things when they are involved.



Whole Foods

Buy foods in their natural form. For example buy an apple instead of an apple muffin, fresh potatoes instead of frozen tater tots, or low-fat turkey slices instead of packaged lunchables.

“Whole food” has nothing added to it. Such as the fruit and vegetables in the produce section, or cuts of meat in the deli section.

“Processed food” generally has more than three ingredients. Things like, potato chips, poptarts, or flavored crackers.

Remember: Buying healthy food does not have to be expensive. Only buying what's on your list will help you save money.