

Smart Shopping 101



When it comes to living a healthy lifestyle, your grocery cart wields tremendous power.

Here are some easy tips to help you navigate your supermarket and become a nutrition-conscious, savvy shopper:



Always go in with a plan (bring your grocery list).



Don't shop when you're hungry. You'll buy things you'll later regret!



Stick to your list to manage your budget and your weight.



Shop along the perimeter of the store, where fresh foods tend to be located.



Avoid aisles with things like chips, cookies and sugary beverages.



Check product labels to see if any ingredients stand out as ones to avoid.



Buy a fruit or vegetable you've never had before every week to spice things up.