



NUTRITION DESIGNED FOR YOU.

TIPS FOR THE GROCERY STORE

Make a list before you go to the store

This will help you stay on track to buy healthier items, stay on budget, and remember items you need, while making it less likely to pick up extra items you don't need.

Don't go to the store hungry

Going on an empty stomach could mean stocking up on unhealthy options or buying more than you need.

Spend most of your time in the produce section

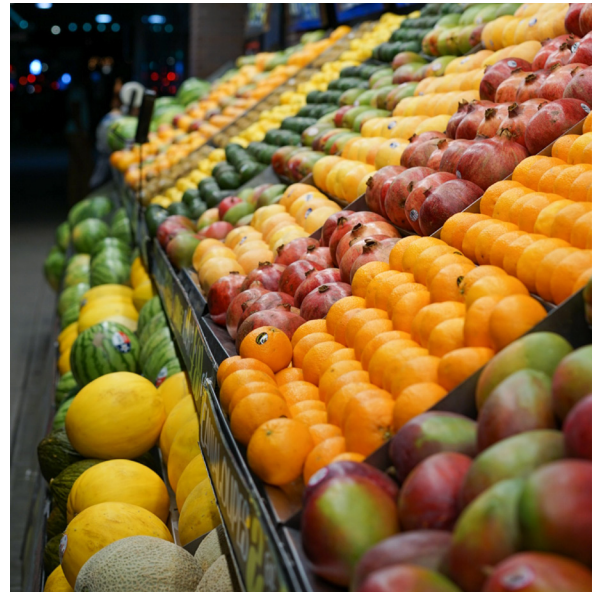
Always start in the produce section and stock up on fresh fruits and vegetables first. If you want longer shelf-life and don't want to pay for fresh produce, try frozen or canned fruits and vegetables. Make sure these items are low to no salt, frozen without sauces and packed in juice instead of syrup.

Stick with store brands

Purchasing store brand products is cheaper than common brands. The label is often the only thing different about the product!

Stay on the outer sections of the store

The outer aisles are where fresh fruits and vegetables, basics (i.e., bulk foods, bread and grains), meats, and low-fat dairy can be found. This will keep you out of the snack foods aisle where it may be tempting to pick up some extra items.



Spend some time looking at the Nutrition Facts and ingredients label

When looking at prepackaged foods, make sure to look over the Nutrition Facts and ingredients label to see serving size vs. total servings per container, ingredients included, allergens, as well as the fat, sodium, carbohydrate, added sugars, and fiber content.

For more information and tips, visit the American Heart Association website (heart.org)

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