



HEALTHY TIPS FOR FOOD SHOPPING TRIPS

PROTEINS

(MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)

Proteins can be found throughout the entire store, including the fresh meat case, frozen foods section, dairy case, and canned and pantry food aisles.

- Some great low-cost choices include beans and peas, such as kidney beans, split peas, and lentils. Use these good sources of protein for main or side dishes. Beans and peas cost far less than a similar amount of other protein foods.
- To lower meat costs, buy the family-size or value pack and freeze what you don't use. Choose lean meats like chicken or turkey. When choosing ground beef, make sure it's lean (92% lean 8% fat) ground beef.
- Try buying canned tuna, salmon or sardines – they store well and are a low-cost option.
- Don't forget about eggs! They're a great low-cost option that's easy to prepare.

DAIRY

(MILK, YOGURT, CHEESE)

Find dairy foods in the refrigerated and pantry aisles.

- Choose low-fat or fat-free milk. They provide just as much calcium, but fewer calories than whole and 2% milk.
- Buy the larger size of low-fat plain yogurt instead of individual flavored yogurts. Then add your own flavors by mixing in fruits.
- When it comes to cheese, look for "reduced fat," or "low-fat" on the label.
- Always check the sell by date to make sure you're buying the freshest dairy products.

GRAINS

(BREAD, PASTA, CEREAL)

Find grains in many areas of the store, including the bread, cereal, snack, and pasta and rice aisles.

- Make half your grains whole grains. Throughout the store, check ingredient lists and pick the items that have a whole grain listed first.
- Whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, and whole rye.
- Rice and pasta are budget-friendly grain options.
- Choose hot cereals like plain oatmeal or whole grain dry cereal.
- Try new whole grain snack ideas, like switching to whole-wheat crackers or popping your own popcorn.

FRUITS & VEGETABLES

Find fruits and vegetables in the produce and frozen foods sections and in the canned and pantry food aisles.

- Buy "in season" produce. They are usually less expensive and are at their peak flavor.
- When buying canned, choose fruit in 100% fruit juice and vegetables with "low-sodium" or "no salt added" on the label.
- If you have the freezer space, buy frozen vegetables without added sauces or butter.
- Canned and frozen fruits and vegetables last much longer than fresh and they're a quick way to add fruits and vegetables to your meal.

