

Making your grocery trip healthier

The supermarket may seem like a simple place to shop, but it can be tricky. It takes planning to buy food that will make healthy meals for yourself or your family. A little prep work will make all the difference. You can take small steps before you get to the store and while you are there. That way, you can make your meals satisfying for everyone at your table.



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Quick facts on grocery shopping:

1 It helps to plan ahead. Look at the food you have at home, and make a list of what you might need for meals and snacks throughout the week. A paper list or an app on your phone can help you keep track.



2 Kids can help with grocery shopping. They can pick a new healthy food each trip, or help plan a menu. This helps them learn about healthy food.

3 When buying fruits and vegetables, try to get what is in season. Canned and frozen fruits and vegetables can also be good. Make sure they are packed in water without added salt or sugar.

4 Look for ingredient lists that are short and easy to read. Items that are a single ingredient are often best. Bulk items are an easy way to find these. Choose whole grains, beans and lentils.

5 Some foods may seem healthy but have sneaky amounts of sugar or fat. Dairy products are often sweetened. Go for plain milk and yogurt to keep meals healthier.



>> For more information on grocery shopping, visit bit.ly/smartshoppingtips