



## HEALTHY SHOPPING TIPS

1. Make a shopping list and stick to it.
2. Never shop on an empty stomach. You're likely to buy more food if you're hungry.
3. Plan a weekly menu so you can shop just once a week.
4. Use checkout lanes that don't have candy, snacks or other impulse buy items.
5. Try to schedule shopping on days when you can take your time, read labels and compare prices.
6. Know the difference between "lite" and "light". The word "lite" can mean fewer calories, but sometimes not much fewer. There is no set standard for that word. If a product says "light," it must have at least 1/3 fewer calories than the regular food has.
7. Buy a variety of vegetables and fruits in different colors.
8. Try the fat-free or low-fat brand of milk products like yogurt or cheese
9. Choose 100% whole-wheat or whole-grain bread and crackers.
10. Look for foods that have 20% or more of fiber, calcium, potassium, and vitamin D.