

Success at The Grocery Store

Shopping Hacks:



- **Make a list before you go** – know what you need for your meals before so you aren't wandering aimlessly into the cookie aisle. Have your shopping list in order of where the foods are in the store.
- **Avoid shopping on an empty stomach** – shopping on an empty stomach could bring on cravings for things you see and impulse buying.
- **Shop the Perimeter** – produce, dairy, and proteins are all located on the outer most edge of the store – I like to start in produce and work my way around. If I don't feel satisfied with what I have decided on after that, I refer to my list of outstanding items and go straight to the aisle I would find them in.
- **Reading Packaging** – Companies will say anything to sell to you. "All-natural" chicken, "multi-grain" crackers, and "gluten-free" hummus are examples of empty statements that have absolutely NO weight to the quality of food. Be careful with "factory flare".
- **Read the ingredients** – There is a Hierarchy. The first food listed is the main ingredient; the second food is the second main ingredient and so on. So if a label has "enriched white flour" as the first ingredient, that means that THAT product is mostly made out of that ingredient.
- **Read the whole label** – Look at serving size/amount per serving

types of fats:

Transfat = BAD

Saturated = Alright

Mono/poly-unsaturated = Good fat

AVOID "FAT-FREE"

Carbs:

be aware of the number of carbs. 15 g/ serving is ideal. 25 grams+ per serving is a high number, but that number is acceptable if that number is coming from unprocessed (i.e. rice, sweet potatoes) or lightly-processed (i.e. WHOLE grain – not multi grain – bread, coconut flour) foods.

Sugars:

aim for 10 grams or LESS per serving with a max of 30 grams/day of consumption.

Rule of Thumb:

- Look for goods with for 5 ingredients or less.
- If you can't pronounce it and/or don't know what it is, you shouldn't be eating it.

Dirty Dozen:

Sprayed heavily with chemicals.
(In order from most contaminated to least)

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines (imported)
7. Grapes (imported)
8. Sweet Bell Peppers
9. Potatoes
10. Blueberries (domestic)
11. Lettuce
12. Kale/collard Greens

Clean 15:

Lowest amount of sprayed chemicals.
(In order from most contaminated to Least)

1. Mushrooms
2. Grapefruit
3. Sweet Potatoes
4. Watermelon
5. Cabbage
6. Kiwi's
7. Cantaloupe (domestic)
8. Eggplant
9. Mangos
10. Sweet Peas
11. Asparagus
12. Avocado
13. Pineapple
14. Corn
15. Onions