

GROCERY



FITTEST KITCHEN

TIPS/TRICKS

1. Plan ahead. Create a household menu for the week with a relevant shopping list. You will be less likely to forget an ingredient or purchase unnecessary foods.
2. Avoid shopping while hungry. An empty belly can lead to impulse buys.
3. Shop the perimeters of the store. The center aisles are often where processed and junk foods reside.
4. Choose real, whole foods. Vegetables and produce should take up the majority of your shopping cart.
5. Avoid foods that contain either long ingredients list, ingredients you cannot pronounce, or artificial colors/flavors and sweeteners.
6. Purchase Organic, Non-GMO foods as often as possible. Refer to EWG's "Dirty Dozen" and "Clean Fifteen" lists when choosing between Organic vs. Non-Organic.
7. Load up on fresh seasonal fruits and vegetables. When certain foods are not in season, frozen, canned or dried produce can be just as nutritious; however, avoid ones that contain added ingredients, sugars or syrups.
8. Be aware of foods that are advertised as either "low-fat" or "reduced fat"; these foods are typically higher in sodium, sugar and processed ingredients.