

ARE YOU SUPERMARKET SAVVY?

Helpful & Healthy Shopping Tips

Nutrition
Nibbles

Plan ahead!

Make a shopping list... it helps keep you focused on your family's needs. It's also easier to avoid temptations and impulse buying when you stick to a list.

What's on your shopping list?

Think food groups first when you prepare your grocery list... it helps make sure you have lots of healthy options when planning meals and snacks for your family. Make a category on your list for each food group and put a few items from every group in your cart. The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives. They are easy to find if you "surf the perimeter".

Eat before you shop!

If you shop on an empty stomach, you're more likely to buy foods that tempt you "at the moment".



Surf the perimeter first!

Fill your cart with fresh fruits, veggies, whole grains, milk products and lean meats. These items are found around the perimeter of most stores. In the aisles, look for other healthy choices (e.g. rice, pasta, canned/frozen fruit & vegetables, canned or powdered milk, and legumes). You'll also find selections of snacks and convenience foods (higher in fat, sugar and salt) in the aisles... travel to these "isles" less often.



For more information on nutrition labelling, visit www.healthyeatingisinstore.ca

Brought to you by Registered Dietitians at Dairy Farmers of Manitoba.