

# Grocery Shopping Tips

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When adopting a healthier diet and lifestyle, making changes can often feel overwhelming, especially if the foods you're being recommended to eat are foreign to you. These shopping tips are a great way to understand how you can incorporate key staples to your diet that will provide your body with the nutrients you need to optimize your body's stress response and recovery time.

Before you start making a full grocery list, it's best to understand exactly what types of things you should be looking for throughout the store and how you should shop. Read through these tips first to help make the most of your shopping trip.

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## SHOPPING TECHNIQUES

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### AIM FOR FRESH, NOT PROCESSED FOOD

Strive to gather most of your grocery items from the perimeter of the store, where the freshest, least processed items are kept. It's okay - and necessary - to sometimes buy healthy canned, frozen, and packaged options, but read the labels.

### CHECK OUT A FARMERS MARKET

A weekly trip to the local farmers market can be a fun way to get exposed to new and delicious varieties of fresh, seasonal foods.

### START TO DITCH UNHEALTHY ITEMS

Start discarding any unhealthy, processed, and outdated items, such as poor quality processed oils, expired condiments, old spices, processed breakfast cereals, sugary treats, and other junk foods.

### GET OUTSIDE YOUR COMFORT ZONE

Try at least one new healthful item a week – draw inspiration from sales and seasonal items."

## KNOWING YOUR LABELS

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### READ THE LABEL

Never believe the health claims loudly proclaimed on the front of a food package. Start by reading the ingredient list. If you need a PhD in chemistry to understand the ingredients list, it's likely loaded with chemical additives and preservatives.

### WATCH FOR PROCESSED OILS

Avoid products that contain highly processed, poor quality fats and oils like corn, soybean, safflower, sunflower and vegetable oil blends. Avoid anything listing hydrogenated or partially hydrogenated oils. These oils increase inflammation in the body.

### IS THERE ADDED SUGAR?

Read labels to minimize added sugars. Hidden sugar may be listed as sugar, corn syrup, molasses, brown rice syrup, honey, agave nectar, maple syrup, evaporated cane juice, malt syrup, corn sweetener, beet sugar, fruit juice concentrate, glucose, lactose, fructose, dextrose, or maltose.

### OPT FOR LOW SODIUM

Select packaged foods that contain close to or less than 5% of the Daily Value for sodium as indicated on the Nutrition Facts Panel. Avoid high-sodium products greater than 20% of the Daily Value.