

Healthy Grocery Shopping Tips

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1. **Shop the edges** of the grocery store for the bulk of your groceries; This is where **produce, fresh meat, eggs and dairy** live. Choose **full-fat dairy, cage-free eggs, and natural meats** when possible. The middle aisles are where the more processed foods tend to be.
2. When shopping the inner aisles for more shelf-stable products avoid these ingredients: **high fructose corn syrup, corn syrup, hydrogenated oils, artificial sweeteners, colorings and flavors, preservatives, autolyzed yeast extract, nitrates/nitrites, and white flour**. Look for canned goods that have little added, including **lower-salt versions, healthy oils, no added sugar and few preservatives**.
3. Save money and avoid preservatives by purchasing items like **dried beans and whole grains** instead of more processed versions. Low-cost, nutritious meals can be built around these staples. A general rule is **the more work and preparation you are willing to do, the cheaper and healthier your food will be**.
4. **Frozen fruit and vegetables** can be cost-effective and help with reducing food waste. Look for fruit and veg with no added ingredients, including **steamer bags for an easy side**. Avoid frozen meals/entrees and stick to simple ingredients when possible. **Frozen fish and seafood** can be a low-cost protein as well.
5. Look for **healthy fats** in your foods: **avocado oil, olive oil, coconut oil, butter and sunflower oil**. Products like mayo and salad dressing are now being made with these good fats instead of more processed versions. Avoid hydrogenated oil in peanut butter, cookies, crackers, chips, etc.
6. Save money on meat: purchase **meat with skin and bones**, which adds nutrition and can be used to extend the meat by making soups/stock; opt for **ground meat and roasts** instead of steaks or chops.
7. Purchase foods that are in a **wide variety of colors**. This will ensure more variety in nutrition, including antioxidants and vitamins/minerals. Look for diversity in fruits, vegetables, grains, beans, etc.
8. **Learn how to read labels**; on the ingredient list, the first ingredient listed is the main ingredient by weight. Look for trans fats on the label, fiber content, and high nutrient density.
9. **Decrease soda intake by switching up your beverages**. Opt for sparkling water instead, watch for added sweeteners (regular sugar or artificial) and choose those that are simply carbonated water and natural flavors. Or, buy sparkling water and add your own lemon juice or other additional flavors.
10. Shop the **dirty dozen and clean 15** lists to limit your exposure to pesticides while keeping on a budget. If not buying organic or local, remove skins from produce when possible. The farmer's market can be a good option to avoid these added chemicals, and many now take Food Share.

Dirty Dozen

Strawberries	Cherries
Pears	Spinach
Tomatoes	Nectarines
Celery	Peaches
Potatoes	Apples
Sweet & Hot Peppers	Grapes

Clean 15

Avocados	Sweet Corn (GMO)	Cantaloupe
Pineapple	Cabbage	Cauliflower
Onions	Frozen Sweet Peas	Broccoli
Asparagus	Papaya (GMO)	
Mango	Eggplant	
Honeydew	Kiwi	