

Navigating the Aisles:

Tips to Effectively Shop the Supermarket

Match your shopping list to align with a healthy eating program:



1. **Focus on the produce section** to fill your cart with non-starchy vegetables and seasonal fruit
2. **Check out the "Natural" Aisle if there is one available.** Be sure to check ingredient lists for added sugars and opt for healthy snacks with at least 3 grams of fiber or more per serving
3. **Shop your dairy and egg section** to round out a balanced meal
4. **Visit your meat section** for lean protein options

1

Fruits and Vegetables: Found in the Produce Aisle

Focus on non-starchy vegetables which should fill one half of your plate at lunch and dinner. Options include leafy greens, broccoli, carrots, mushrooms, peppers, asparagus, and tomatoes. Starchy vegetables such as peas, corn, and potatoes count towards your carbohydrate intake. Fruit is a great source of fiber, vitamins and nutrients and also count towards carbs. Keep the skins of the fruit on for fiber and make sure to include a rainbow of colors for a variety of health benefits!

2

Whole Grains: Found in the Natural Foods Aisle

Purchase whole grains high in fiber such as farro, brown orzo, wild rice, or quinoa. Portion control is key when consuming carbohydrates at each meal. 1/2 cup cooked grain is about 15 grams of carbohydrates.

3

Dairy/Eggs: Found in the Dairy Aisle

Opt for reduced fat dairy options. Making low fat or fat free choices such as yogurt, kefir, cottage cheese and milk. These foods include protein to help stabilize blood sugar.

4

Protein: Found at Meat, Poultry and Fish Counters

Protein helps keep blood sugar stable after eating a meal. Opt for lean protein options at every meal and snack such as nuts, seeds, fish, chicken breast, turkey breast, lean beef (90% lean or higher).