



# Shopping Tips for Healthy Eating



Shop the outer perimeter of the grocery store for fresh produce.



Plan meals ahead of time so that you won't be tempted to get fast food when you become hungry.



1st Choice: Fresh Food  
2nd Choice: Frozen Food  
3rd Choice: Canned Food



Avoid ALL soda (diet and regular).



Canned and packaged food should be considered last, and ideally, not at all.



Always read the labels in order to avoid sugar and chemical additives.

