



Shop Right! Eat Right!

A Food Shopper's Guide

Healthful Grocery Shopping

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The amount of food options and choices in United States grocery stores can be overwhelming and tempting at the same time. Marketing, convenience, and pricing can make it difficult for shoppers to maintain a healthy weight and lifestyle.

Healthy eating usually begins with healthy food shopping! Here are some tips and tricks to make grocery shopping easier:



Make a List!

There are several tools and tips to help shoppers navigate the many food aisles of the grocery store. One of the best ways to prepare for a successful grocery shopping experience is to make a list.

Grocery shopping with a list can provide shoppers with a guide to getting the essential healthy foods, planning meals throughout the week,

and developing healthy habits. This can nudge people towards the right direction as well as give them the freedom to create their own list of essentials.

Budgeting

Lists can also provide some relief on your wallet with budgeting! In one study, creating a grocery list was found to be more effective and cost saving when compared to a standard grocery shopping experience (Au, et.al, 2013).

Create a Healthy Eating Plan

Based on The Dietary Guidelines for Americans, MyPlate can provide a place for nutritional advice for meal planning. Meal planning ahead of time can provide shoppers with ideas of what to buy at the store for the rest of the week. This way, shoppers can find sensible ways to choose and prepare healthy and delicious meals.

Some people opt for fast food or take out due to not having enough time to make lunch or dinner at home. Meal planning for the week can cut back on the time spent cooking healthy meals.

A Great Eating Plan...

Emphasizes fruits, veggies, whole grains, and fat-free or low-fat dairy products

Includes lean proteins such as meats, poultry, fish, beans, eggs, and nuts.

Limits saturated and *trans* fats, sodium, and added sugars

Controls portion sizes



Other Ways to Shop Smart!

American author Michael Pollan writes in his book, *Food Rules: An Eater's Manual*, some basic “rules” to tackle shopping for food:

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2) Shop the Peripheries of The Supermarket and Stay Out of The Middle

Processed foods dominate the center

1) Go Food Shopping Every Week

Fresh ingredients make it more likely to cook a healthy meal in the house.

aisles. You’re more likely to find yourself with a cart full of fresh ingredients if you keep to the walls of the supermarket.

Food Shopping and Our Health

Committing to a list and meal plan has proven to provide assistance for individuals who have difficulty sticking to a meal and staying healthy. In one study, it was found that a “predetermined list for grocery shopping combined with standard behavioral therapy (SBT), is a cost-effective means for reducing obesity and its related health conditions” (Au, et. al, 2013). Another study showed that those who “grocery shop with a list, had better dietary quality and lower BMI” (Dubowitz, et. Al, 2015).



3) Get Out of The Supermarket Whenever You Can

Shop at farmer’s markets! You’re less likely to find packaged, elaborately processed products, and more whole foods.

The food we put in our bodies is fuel that we need to thrive. When it

comes to deciding on what to eat it can be a lot easier than you think to make smart, healthy choices.

Create small goals when you food shop! Start these healthy habits at the grocery store and it will provide healthy habits for a long and healthy lifestyle!

References:

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