



Healthy

GROCERY
SHOPPING

Made Easy

Healthy Grocery Shopping Made Easy



When you want to live healthier, you cook at home and avoid the drive-thru and convenience snacks, right? Generally, this is true, but you have to shop smart! The grocery store is filled with foods that are packed with sugar, salt, artificial ingredients, and preservatives, which are just as bad as anything in the drive-thru.

So, here are some tips and tricks to shop smart, eat healthy, and enjoy cooking at home!

Preparation is the key

Spending a few minutes before you start your shopping will save you from making unhealthy choices in the aisles, and it will save you time, money, and most importantly, put you on the track to living healthier!

- **Meal and snack plan** - know what you're going to cook for dinner, put in lunch boxes and snack on through the week
- **Build a grocery list and stick to it** - it's easy to start throwing stuff into your cart when you don't know what you need. Use your meal plan to create your list!
- **Don't shop hungry** - everything looks even more tempting when you're starving! Eat before you hit the store or keep a snack on you so you won't overfill your grocery cart!
- **Know what produce is in season** so you can stock up while it's fresh and affordable!

Navigating the Store

Large grocery stores are set up to be overwhelming and to tempt you into buying things you didn't even realize you needed (hint: you still don't!). Impulse buys are generally unhealthy, convenience foods or treats, so, to fight those health-busting impulse buys, here are four ways to navigate the store so you can shop healthy!

- **Shop the perimeter of the store** - this is where you will find the freshest, least processed foods such as fresh meats, dairy, and of course the produce section
- **Check out the bulk section** - The bulk section is the unsung hero of the grocery store! Here you can get great mix-ins for salads and yogurts to dress up meals, try all types of delicious, healthy grains and seeds, and purchase as much or as little as you want! Quinoa, chia seeds, flax seeds, and nuts of all kinds are generally less expensive here, too while farro and barley are healthy alternatives to pasta and rice!
- **Try convenient produce** - If you avoid buying lots of fruits and vegetables because you don't have time to chop, slice, and store, buy pre-cut fruits and vegetables for time-saving snacks. This is nearly the only time a convenience food is safe to buy!
- **Spend the least time in the store aisles** - Shelf-stable foods are often filled with preservatives, sodium, sugar, and chemicals. Avoid them as much as you can!

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Reading the Labels

Everything you need to know about your food is written on the packaging, but sometimes it's hard to decipher what exactly is hiding behind fancy names for ingredients. Keep these tips in mind when you're reading the labels to help you make the best choices!

- 1. Choose foods with fewer ingredients** - they typically have fewer chemicals, preservatives, salt, and sugar
- 2. Look for whole grains** - whole grains are much healthier than bleached or refined flours. Whole wheat, oatmeal, and brown rice contain more nutrition and fiber and less sugar than the bleached, refined counterparts
- 3. Skip artificial ingredients** - food dyes are connected to serious health issues and may be a cause of ADHD and developmental delays. Skip anything labeled "artificial colors" or any kind of dyes unless specifically natural, such as "beet juice for color" Skip anything that contains words referring to "color" or "coloring" or "dye."
- 4. Find hidden sugars** - you know to avoid cookies, cakes, and soda for their dangerous sugar levels, but there is a surprising amount of sugar in ketchup, spaghetti sauce, juice, and cereal. Look for these names on labels as a source for sugar: corn syrup, fruit juice concentrate, malt syrup, cane crystals, fructose, sucrose, maltose and dextrose. Avoid anything with High Fructose Corn Syrup or anything that even looks close to those words. Avoid anything with any of those words.
- 5. Avoid excess salt** - packaged foods have a ton of sodium and salt so read the nutritional value and avoid foods with 20% of your daily salt intake on the label.
- 6. Avoid excitotoxins and neurotoxins.** These are ingredients that destroy brain cells and nerve cells in the brain and throughout the body. They contribute to neurological disease, learning and focus problems, diminished memory and cognition, increase pain perception, brain shrinkage, anxiety, depression and associated cognitive, emotional and neurological disorders. Artificial flavors, colors, and sweeteners fall into this horrific category. So do any words that resemble glutamate in any form.
- 7. Know your numbers.** When looking at produce, any fruit or vegetable that begins with the number 8 is a Genetically Modified Organism, NON organic, heavily pesticide based item. IF the product begins with a 9- it IS ORGANIC, a 4 digit number is conventionally grown and contains pesticides. We advise that you look at the dirty dozen and clean fifteen list to understand what produce you should purchase organic due to high pesticide content.

*The most important tip for grocery shopping - use your instincts,
and when in doubt, don't buy it!*



Clean Eating Shopping List

To help you navigate the grocery store with confidence and ease, we have created this handy list so you can make clean eating a reality in your life for optimal health today.

Meat/Protein

Look for humanely raised, organic, cage-free, grass-fed on labels.

- Cage-free eggs are good, organic/humanely raised are best.
- Chicken/Turkey
- Beef
- Wild-caught salmon or tilapia. Farm raised fish are GMO.
- AVOID - lunch meats, hot dogs, processed, canned, or pre-cooked meats

Dairy

Choose full-fat milk and dairy products for minimal processing, preferably organic that state on the package that they are

- Whole milk
- Butter
- Block-style cheese (shredded cheese has anti-caking chemicals!)
- Plain, whole Greek yogurt
- NOTE - if you choose dairy-free, unsweetened almond milk, unsweetened brown rice milk, or canned coconut milk (*read the label for additives*) are excellent options

Bread & Pasta

- Whole wheat bread (Dave's Killer Bread or Alvarado Street are the cleanest options)
- Corn tortillas
- Whole wheat flour
- Whole wheat OR quinoa pasta
- Brown rice pasta

Nuts & Seeds

Perfect for snacking, adding to a salad, or blending into a smoothie, nuts and seeds add vitamins, nutrients, healthy fats, and protein

- Chia seeds
- Flax seeds
- Pumpkin seeds
- Sunflower seeds
- Almonds, almond butter
- Walnuts
- Cashews, cashew butter
- Pistachios
- Peanuts, peanut butter

Gluten Free Whole Grains, Beans, and Legumes

- Brown rice
- Oats (steel-cut or rolled)
- Quinoa
- Black beans
- Pinto beans
- Garbanzo beans (chickpeas)
- Lentils (red, yellow, or green)



Clean Eating Shopping List

Fruits & Vegetables

Load up on fresh fruits and vegetables! Frozen fruits and vegetables are also clean provided there are no added sauces, seasonings, or ingredients. Some produce should only be purchased organic, due to the exposure to toxins, and those specifically are listed:

- Apples
- Cherries
- Pears
- Peaches
- Celery
- Peppers
- Strawberries
- Potatoes
- Grapes

Spices, Condiments

- Olive oil
- Coconut oil
- Dijon mustard
- Vinegar (balsamic, red wine, white wine, and apple cider are fine)
- Dried or fresh herbs and spices (avoid spice or seasoning blends and packets)

Clean eating for optimal health!

