



Eat Smart Program  
Missoula City-County  
Health Department

## 6 Tips for Healthy Grocery Shopping

1. **Plan ahead for success.** Before you head to the grocery store, plan out meals for the week. You'll be less likely to spend your money on impulse buys if you have a well thought-out list.
2. **Don't shop hungry!** An empty stomach often results in impulse purchases that may not be the healthiest.
3. **Use MyPyramid recommendations to plan your meals.** This means filling your cart with foods from the perimeter of the store like fruits, vegetables, whole grains, dairy, lean meat, fish, poultry, beans, and nuts.
  - *Fruits & veggies*—choose a rainbow of colors! The colors reflect the different vitamin and mineral content of each fruit and vegetable. For affordability, choose in-season produce.
  - *Breads, cereals and pasta*—select whole grains and look for fiber content. Aim for bread with at least 3g fiber/slice and cereal with 5g fiber/serving.
  - *Meat, fish and poultry*—aim for two servings of fish per week (great source of healthy omega-3 fats), choose lean cuts of meat (round, top sirloin, and tenderloin), and opt for skinless poultry.
  - *Dairy*—choose low-fat or nonfat dairy products including milk, yogurt & cheese.
4. **Frozen & canned foods**—a great way to keep plenty of fruits and veggies around the house, but watch for added sodium and sugars. Whole grain waffles, 100% fruit juice, dried or canned beans and low-sodium soup are also good choices. If you grab frozen pizzas get plain cheese and add veggies at home!
5. **Avoid the center aisles where junk foods lurk.** Be selective with snack foods—look for baked chips, whole grain crackers, light popcorn and nuts. And watch portion sizes—even though nuts are a good source of heart-healthy fats, they're also high in calories!
6. **Balance buying pre-made items and cooking from scratch.** Precut veggies or single-serve packages can be worth the extra cost if you're packing lunches or trying to control portion size.



*Aim for nutrient-packed foods. Instead of white potatoes, try sweet potatoes; or go for spinach or leaf lettuce instead of iceberg.*

Adapted from:

<http://www.webmd.com/food-recipes/guide/10-tips-for-healthy-grocery-shopping>

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[http://www.healthcastle.com/grocery\\_shopping\\_tips.shtml](http://www.healthcastle.com/grocery_shopping_tips.shtml)

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