



SUPER MARKET *Savvy*

LINDA CLARK, M.A., C.N.C.



Going to the supermarket could be a daunting experience for some. For others, it's an exhilarating experience, ripe with the smells of fresh food and unlimited choices. If you truly desire to build or maintain your health, going to the supermarket can also be a place of temptation. With so many unhealthy choices along with the healthy choices, it can be tempting to add some of the unhealthy choices to your cart. Here are some tips to follow so that your time at the supermarket is fruitful, and you fill your cart with healthy choices.

BUYING TIPS

1. Know your labels. Read the labels to look for food additives, nutrient content, sugar content, calories, and types of fats.
2. Don't shop when you are hungry! Eat before you go, and you will be less likely to buy foods that are not healthy for you.
3. Make a list of foods that you need and stick to that list.
4. Choose 100% organic fruits and vegetables along with poultry, meat, raw nuts, seeds, and prepared foods when possible.
5. If there are items that you use fairly often, like organic soup stock, stock up when these items are on sale.
6. Purchase fresh foods every few days, as many will not maintain their freshness or nutrient content if they are stored for more than a few days.
7. Keep the frozen and canned foods to a minimum. The best frozen foods to purchase are organic fruits and vegetables—especially berries. Canned tuna and beans provide the best nutrition in canned foods. Most canned foods are deficient in nutrients.
8. It is best to buy fresh, seasonal foods from local farmers.