

## Healthy Eating: Making Healthy Choices When You Shop

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### Overview

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Healthy eating starts with smart food shopping. These tips will help you get started.

- Plan ahead.  
Before you shop, decide on the healthy meals and snacks you want. Make a list of the ingredients you will need to buy.
- Don't shop when you are hungry.  
Eat a snack or a meal before you shop. This way you won't be as tempted to buy less healthy foods, such as candy, chips, or fast food.
- Shop mostly in the outer aisles.  
The outer aisles of the store are mainly fresh foods, such as produce and dairy. The inner aisles have more processed foods, such as canned soups, packaged cookies, chips, and soda.
- Make healthy choices.
  - Choose foods lower in fat, calories, and/or sodium, if possible. For example, buy fat-free or low-fat dairy items, such as milk, yogurt, and cheese.
  - Include some healthy convenience foods, such as cut-up fresh vegetables or lower-calorie or lower-sodium frozen foods.
  - Limit drinks with added sugar, such as soda and sweetened iced tea. Instead, try to drink more water or buy sugar-free drinks or drinks with little or no added sugar.

### Credits

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