

Healthy Diet Shopping Tips

A healthy diet consists of a balance of breads, fruits and vegetables, meats, and dairy products. Use the following tips to make your next trip to the grocery store a healthy one.

General Shopping Guidelines

- Choose items made with whole grains, such as wheat breads, pastas and crackers.
- Make a list, and buy only the items on your list. Plan your meals ahead of time so that you know what to buy.
- Never shop when you are hungry, as hunger can lead to a lot of impulse buys. Impulse buys not only contribute to poor eating, but they are harder on the budget, as well.
- Learn how to read labels to determine the correct portion sizes and nutrient levels.
- Try to shop on a regular basis, even every few days, if possible. This will ensure that you always have healthy foods and fresh fruits and vegetables available.

Buying Fruits and Vegetables

- Fill up your cart with fresh fruits and vegetables so that you will have less room for unhealthy items. Look for citrus fruits and vegetables that are orange or dark green in order to get the most nutrients.
- Buy ready-to-eat vegetables, such as bags of salads, baby carrots and celery hearts. Take these healthy snacks to work or to the gym.
- Stock up on vegetables that will not spoil quickly, such as potatoes, onions, carrots and garlic, so you always have healthy foods on hand.

Buying Dairy Products

- Stick to low-fat and fat-free products. You can still enjoy foods like cream cheese and sour cream if you choose healthier alternatives.
- Choose low-fat cheeses, such as farmer, mozzarella and string cheese.
- Try using an egg substitute in omelets and other breakfast dishes.

Buying Meats

- Choose the leanest cuts of meat you can find. When buying beef or veal, look for cuts that contain the words “loin” or “round.” You should limit the amount of veal breasts and cutlets that you purchase, as these cuts actually have a higher fat content. When buying pork, look for cuts that contain the words “loin” or “leg.” When buying ground beef, look for packages that are no less than 85 percent lean.
- Reduce the amount of processed meats, such as lunchmeats and hot dogs, that you purchase and consume. These items often contain high levels of fat and sodium.
- Choose chicken or turkey as lower-fat alternatives to beef and pork. Choose skinless white meat pieces to get the most health benefit. Limit the amount of goose and duck that you consume, since these meats are higher in fat.
- Buy more fish, since many varieties of fish contain lower amounts of fat and sodium than chicken and beef. Fish also contains essential vitamins and minerals, as well as omega-3 fatty acids.
- Choose smaller cuts. One serving of meat is only 3 ounces, or about the size of a deck of cards. Purchase meats that are about 4 ounces to allow for shrinkage during cooking.

Resources

- U.S. National Library of Medicine: www.nlm.nih.gov
- U.S. Food and Drug Administration: www.fda.gov
- Nutrition.gov: www.nutrition.gov

Here when you need us.

Call: 844-207-5465

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: LivingME

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