

Shopping Changes

Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while shopping at the market. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Ask the food shopper of the household to primarily bring home healthy food and snack choices.

2

Avoid adding products from the supermarket checkout line into your cart or basket.

3

Going to the grocery store when you're hungry may lead to unnecessary or unhealthy purchases. Eat a healthy snack before grocery shopping.

4

At the food store, look for lean (low-fat) proteins such as chicken, turkey, beans, fish, or tofu (instead of red meat like beef or pork).

5

Buy (or ask your household shopper to buy) fruits and vegetables at the grocery/corner store for healthy on-the-go snacks.

6

Only bring home foods from the store that you want you/your family to eat.

7

When you enter the supermarket, head straight to the fruit and veggie section, which is usually along the outside edges of the store.

8

Plan healthy meals ahead of time and shop based on planned list. No time to plan? See the appendix for a healthy grocery list.

9

In the grocery store, look for skim or 1% milk rather than whole or 2%.

10

If someone else is food shopping for your household, help them plan a healthy shopping list before going to the store.

