

SHOPPING CHANGES

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

Use these tips for changes when shopping at the supermarket. We've ranked them by how useful they were to our Healthy Weigh Study participants.

SUPERMARKET

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? Check online for examples of 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.
11. Buy (or ask your household shopper to buy) 100 calorie snack packs at the grocery/corner store for healthy on-the-go snacks.
12. To reduce cravings/junk food purchases, chew sugar-free or mint gum while grocery shopping.
13. Create a healthy grocery list you can use at the grocery store or share with the food shopper for your household.



BRING A LIST!