

# Grocery Shopping

## 6 Tips for a Healthy Buggy

### 1. Plan Ahead

- Know what you need and make a list
- Look at store advertisements and sales

### 2. Do NOT Go Hungry

- Impulse buying can be costly and lead to weight gain

### 3. Shop the Perimeter

- Produce, seafood, meat, poultry, and dairy
- Beware of some perimeter stops like the bakery

### 4. Brave the Inside Aisles

- You can skip most aisles
- Look for canned beans, packaged whole grains, frozen fruits and vegetables, oils, herbs and spices, nuts

### 5. Read Labels

- Examine nutrition facts and most importantly – the ingredients!
- The fewer ingredients the less the food is processed

### 6. Do a Final Check

- Visually check to see if your cart has 50% fruits and vegetables



You are only as healthy as your last trip to the grocery store!

For more information contact your campus dietitian:  
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