

Healthy Tips for Grocery Shopping

Shop the perimeter of the grocery store, where fresh foods like fruits, vegetables, dairy, meat, and fish are usually located. Avoid the center aisles as much as possible because this is where the junk food tends to be placed.

Choose “real” foods such 100% whole grain items with as little processing and additives as possible.

Stay clear of foods with cartoon characters and the latest cool kid character on them. These items are being marketed to children if you don't want your kids eating junk food, don't have junk food in your house.

Avoiding foods that contain more than five ingredients, artificial ingredients or ingredients you can't pronounce.

****NOTE****

The process above starts even before you head to the grocery store. Before you set out for the market, plan your meals for the week, and create a list to shop from. It takes a few minutes, but saves time in running back to the store for missing ingredients.

To save money, use coupons, check the weekly grocery ads, and incorporate sale foods into your meal planning. And don't shop hungry: An empty belly often results in impulse purchases that may not be the healthiest.

Healthy Items for Grocery Shopping

- Fresh vegetables and fruits should make up the largest part of your healthy foods grocery list. Vegetables and fruits have vitamins, minerals, antioxidants and they are usually low in calories. We all need at least five or more servings of vegetables and fruits every day. Choose a variety of fruits and vegetables that everyone in your family will enjoy.
- All of your grains should be made from whole grains, not from refined flours. This part of your list includes whole grain breads, whole grain pastas, and whole grain breakfast cereals. Whole grains are important for vitamins, minerals, and for fiber, which is often lacking in modern diets. Read labels to look for 100% whole-grain.
- Your protein and meat choices should consist mostly of fish, poultry and lean meats. Eggs, nuts, seeds and legumes are also good protein choices. Choose fresh and frozen non-breaded meats and fish. No breaded, deep-fried convenience foods that you put in the oven. They are high in fats and sodium.
- Beverages should be kept simple. Water (at least 64 oz/day), coffee, and herbal teas are all good choices.
- Dairy products should include low-fat/ skim milk, and plain yogurt. If you do not want cows' milk, choose soy and rice beverages, or goats' milks and yogurt. If you want flavor in your yogurt add fresh fruit.
- Be careful with dressings, cooking oils and condiments. They are sneaky sources of refined sugar and poor quality oils. Read labels to choose dressings made with olive oil, canola oil or walnut oil.

- Frozen foods are a convenient way to keep vegetables on hand.
- Foods in cans and jars are also very convenient. They are also very high in preservatives to ensure their shelf life. For that reason during your transformation you are to avoid any canned or jarred fruits and vegetables.
- For sandwiches, choose peanut butter or other nut butters. No processed lunch meats, sausages or hot dogs.
- For snacks choose fresh fruits or vegetables, healthy nuts, seeds and whole grain for snacks such as a slice of bread with peanut butter.
- If possible to make this nutrition plan even more effective buy as many items as you can organic. This will ensure the purest of quality in all your food and it will make certain that your body is getting all the nutrients it needs to recover from fitness regimen.

The majority of people know that eating five servings of fruits and vegetables a day is very important.



By eating fruits and vegetables of a variety of different colors, one can get the best all-around health benefits. Each different color fruit and vegetables contains unique health components that are essential to our health.

Fruits and vegetables are very important to our health because they are whole foods, created by nature, that are rich in a large amount of nutrients. The processed foods that we so commonly eat, can never compare to the health benefits provided by strawberries or broccoli, which have fiber, vitamins and enzymes built right in.

Eating plenty of healthy vegetables and fruits helps prevent heart disease and strokes, diverticulitis, control your blood pressure, prevent some types of cancers, and guards against cataract and macular degeneration or vision loss.

The phrase "*eating a rainbow*" of fruits and vegetables is a simple way of remembering to get as much color variety in your diet as possible, so that you can maximize your intake of a broad range of nutrients. The colors of fruits and vegetables are a small clue as to what vitamins and nutrients are included. By getting a variety of different colored fruits and vegetables, you are guaranteed a diverse amount of essential vitamins and minerals.

According to the food pyramid potatoes are not counted as a vegetable, as they are consist mostly of starch and should be consumed sparingly.



Red Fruits and Vegetables

Contain nutrients such as lycopene, ellagic acid, Quercetin, and Hesperidin, to name a few. These nutrients reduce the risk of prostate cancer, lower blood pressure, reduce tumor growth and LDL cholesterol levels, scavenge harmful free-radicals, and support joint tissue in arthritis cases.



Orange and Yellow fruits and vegetables

Contain beta-carotene, zeaxanthin, flavonoids, lycopene, potassium, and vitamin C. These nutrients reduce age-related macula degeneration and the risk of prostate cancer, lower LDL cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals, encourage alkaline balance, and work with magnesium and calcium to build healthy bones.



Green vegetables and Fruit

Green vegetables contain chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, calcium, and Beta-carotene. The nutrients found in these vegetables reduce cancer risks, lower blood pressure and LDL cholesterol levels, normalize digestion time, support retinal health and vision, fight harmful free-radicals, and boost immune system activity.



Blue and purple fruits and vegetables

Contain nutrients which include lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid, and quercetin. Similar to the previous nutrients, these nutrients support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, improve calcium and other mineral absorption, fight inflammation, reduce tumor growth, act as an anticarcinogens in the digestive tract, and limit the activity of cancer cells.



White fruits and vegetables

Contain nutrients such as beta-glucans, EGCG, SDG, and lignans that provide powerful immune boosting activity. These nutrients also activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers.