



# Healthy Eating 101

## Smart Grocery Shopping

Grocery shopping for the first time on your own can be hard. The grocery store knows how to make you spend more than you have to by playing tricks like putting the staple foods in the back and putting popular items on the shelf at eye level. This lesson is meant to help you shop smart.

What should you do before you go to the grocery store?

- Make a list- you won't forget anything, reduces impulse spending, will make meal planning actually work
  - How to make lists- already went over how to make lists during menu planning lesson
- Don't go while hungry
- Look at ads- can save big \$\$ by buying produce on sale

The Perimeter – contains the “Most-of-the-Time” foods that provide the foundation of a healthy diet.

### *Fruits and vegetables*

- Place in the grocery store to “splurge”, but they can be very affordable
- Save money by buying stuff in season- look at sales in ad
  - Reference handout “Seasoned Shopping”
- Only buy as much as you will eat
  - Reference Handout “Produce Shelf-Life”
- Canned and frozen vegetables are a way to save on money with this food group

### *Grains*

- Not all “wheat” bread is actually 100% wheat bread
  - Look for “whole wheat” or “whole grain” as the first ingredient
  - Look at the fiber content- you want 3g or more of fiber per serving

### *Meat*

- Look for the words "LOIN" and "ROUND"
  - These are the more lean cuts
- Get the 85% fat free ground beef instead of the more expensive 92% fat free and rinse off the fat after cooking it

### *Cheese*

- White cheeses are lower in fat
- One way to use less cheddar cheese is to buy the "sharp" variety- it has more flavor so less can be used
- Unit pricing can be really helpful when you are trying to save money-

### *Milk and Eggs*

- All types of milk have same nutrients, only difference is fat and calories
- Yolk of egg has most of the fat, vitamins and minerals/ White of egg has most of the protein
  - When making scrambled eggs, you could use one whole egg and 2 egg whites instead of two whole eggs

### *Frozen foods*

- Frozen vegetables last a long time and are usually cheaper
  - Same nutritional value as fresh fruit and vegetables
- Frozen pizza usually lacks vegetables-- top it with your own before you stick it in the oven

### *Ice-cream*

- This is a "some of the time" food- other foods found around the perimeter are "most of the time" foods
  - Get it if you want it and enjoy it when you have it, be mindful of portions
  - Forced portion control, i.e. Creamies, Fruit Bars
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## **Conclusion**

Shop the perimeter. It's where you'll find the healthiest, freshest food for a well balanced diet. Making lists before going to the grocery store is the thing that will make meal planning actually work. Good grocery shopping saves you time, money and gets affordable, healthy food in your pantry. Healthy eating starts at the grocery store. This is just an overview of how to shop smart at the grocery store. If you want more information you can sign up for one of our grocery store tours during the semester or go to our website at [www.usu.edu/nutrition](http://www.usu.edu/nutrition).

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## Additional Information

- Try different fruit and vegetables- eat them with the skin on for more nutrients
- Fruit it a convenient, pre-packaged snack to take on campus
- The Student Organic Farm has a stand on Tuesdays by the TSC so it's a way convenient way to get local, organic, grown with love veggies. They sell their stuff at very reasonable prices.
- Buy in bulk and freeze to save money and time later
- Cook large quantities of ground beef and freeze the cooked meat for later
  - Spaghetti could be made in 10 minutes!
- Cottage cheese is a great snack and a great source of protein
- String cheese is a great portable snack
- Choose low-sugar options of yogurt
  - Does anyone know the difference between the "original" and the "non-fat" yogurt??
    - Lower sugar, artificial sugars used, no fat
- Add a cup of milk and a dinner roll to nutritionally balance frozen meals like "Lean Cuisine"
- Avoid frozen meals that are over 600 calories per serving
  - Chicken pot pies
- Aisles
  - Where most of the processed food is
  - Choose healthy oils
    - Olive and canola- they have the monounsaturated fats
  - Nuts are great protein snacks that are portable
  - When looking for cereal, look for the same things as we did for bread

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## Resources

- [www.usu.edu/nutrition](http://www.usu.edu/nutrition)