



## Grocery Shopping/ Making a List

**Important steps for losing weight, keeping the weight off, and staying healthy include learning how to plan meals ahead and staying focused on shopping for healthy foods.**

### **General tips for planning meals and shopping:**

#### **Before you shop:**

- Use the “Healthy Plate” MOVE!® Handout as a guide to plan a weekly menu. Remember to include plenty of vegetables and fruits, whole grains, and lean proteins.
- As you consider what recipes you want to use be sure to check store ads to see what is on sale and cut coupons to help save on costs.
- Take an inventory of what you have on hand and prepare a list of everything you will need, pulling from your weekly menu. Double-check your pantry, fridge, and freezer.
- Never grocery shop when hungry. Shop after a meal. You will spend less money on junk food and you’ll be more likely to stick to the list.
- Have a budget in mind and do a rough running tally to avoid going over budget.



- Go shopping during slow times. Early mornings, late evenings, and during working hours are best. Avoid right after 5 pm, on paydays, or on days surrounding major holidays.

### While you shop:

- Stick to your list!
- Only use coupons for items you plan to buy. Be sure to check store brand prices, as these are sometimes better prices than using a coupon. Don't be tempted to buy unhealthy items just because you have a coupon!
- Don't get distracted by special feature displays like candy, desserts, or chips. But **do** look for unadvertised store specials on items that you **will** use.
- Shop mostly from the outer aisles. Think about filling your grocery cart like the recommended healthy plate:  
 $\frac{1}{2}$  Non-Starchy Vegetables & Fruits,  $\frac{1}{4}$  Lean Protein,  $\frac{1}{4}$  Grains.
  - Vegetables and Fruits – Buy plenty of fruits and vegetables. They will fill you up and provide vitamins, minerals, and other healthy nutrients. Refer to the “Fruit and Vegetables” MOVE!® Handout for more guidance.
  - Breads and Grains – Choose healthy, whole wheat breads, cereals, rice, and pasta. Refer to the “Grains” MOVE!® Handout for more guidance.

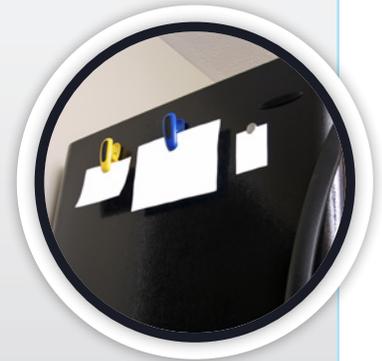


- Lean Proteins – When possible, substitute inexpensive vegetarian sources such as beans, eggs, tofu, and legumes. You could also try using a smaller portion of meat, fish, or poultry, and extending the dish with whole grains, beans, eggs, or vegetables. Refer to the “Protein” MOVE!® Handout for more guidance.
- Check food labels to make smart choices. See the “Nutrient Label Claims” MOVE!® Handout.



### **At home:**

- Collect coupons that support healthy food choices.
  - Keep your pantry stocked for quick-and-easy meals, like whole wheat pasta or a quick stir-fry. Include healthy staples such as frozen or canned vegetables and fruits, low-calorie salad dressings, no-butter popcorn, and 100-calorie snacks.
- Keep a list on or near the fridge and immediately write down what’s running low.



Meals planned for the week:	Foods to buy:
<p><b>Sample day:</b></p> <ul style="list-style-type: none"> <li>• <b>Breakfast:</b> oatmeal, fresh fruit</li> <li>• <b>Lunch:</b> steamed broccoli, grilled chicken, small dinner roll</li> <li>• <b>Dinner:</b> spaghetti and meatballs, small garden salad, fresh fruit</li> <li>• <b>Snacks:</b> popcorn (in pantry)</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Fresh fruit (Berries and Bananas)</li> <li>• Fresh/frozen broccoli</li> <li>• Chicken breast</li> <li>• Dinner roll</li> <li>• Lean hamburger</li> <li>• Spaghetti (whole-grain pasta)</li> <li>• Tomato sauce/fresh tomatoes</li> <li>• Salad greens</li> </ul>
<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	
<b>Sunday</b>	