



# Grocery Shopping 101

Here are some basic tips for your next trip to the grocery store! **BY ERIN DAVIS**

1. Buy the basics.
2. Shop the perimeter of the store.
3. Buy foods recommended in the Food Guide Pyramid (see below).
4. The less processed, the healthier and more well-balanced your diet will be.

## **The Grain Group.** Buy bread, pita, and cereal with whole wheat, barley, oats, and such.

- When looking at the food label for bread, look for the whole wheat flour as the first ingredient--that means you are getting a real whole wheat product!
- Try to find brown rice or wild rice as an alternative to white rice.

## **The Fruit Group.** The perimeter of the store will have fresh fruits that are needed on a daily basis. It is always better to get the fruit that is in season, it is also the best tasting.

- Still, don't forget about the frozen and canned section! Fruit is frozen when fully ripe and can retain its nutritional value until de-thawed! Frozen and canned fruit is also great to throw in a smoothie or morning shake!
- How about dried fruit? There are a variety of dried fruit mixes that make great snacks on-the-go!

## **The Vegetable Group.** This group is similar to the fruit group, however the vegetable list is much more extensive and harder to get a variety in everyday.

- Fresh and in season are always great, but may be more expensive.
- How about canned or frozen veggies? This includes beans, lentils, potatoes, dark green veggies, mushrooms, onions and so on. To find out more on how to incorporate a variety of vegetables into your day, go to [www.mypyramid.gov](http://www.mypyramid.gov).

## **The Milk Group.** This group gets a bad rap because dairy can be higher in fat. Look for low fat products of your favorite foods such as yogurt, milk and cheese.

- Other non-dairy sources come from fortified foods such as juices and soy products.
- Be aware of the added sugars in some of these dairy products and put fresh fruit or granola in your yogurt or cereal before buying products with added sugar.

## **The Meat Group.** Always look for the meat with the leanest cut. No matter what the type of meat, think portion control! A 3 oz piece of meat, which is considered a single serving, is the size of the palm of your hand.

- Look for a variety of meat in the grocery store including chicken, pork, turkey, and steak.
- Non-meat "meat" products include items such as fish (salmon, tuna, etc.) and eggs.
- Non-meat (vegan; no animal by-product) options include soy, beans, veggie burgers, and nuts.

## **Fats or Oils.**

- Remember, there are "good fats" and "bad fats" but always stick to less fat when possible.
- Add oils instead of butter.
- Try adding avocado to your salad. But always remember serving size is important.

## **Combination Foods.**

- It is important to remember that with items such as pre-packaged and/or frozen meals, it is difficult to control the fat, protein, and calorie content so check your labels! Portion control is very important to remember.



**Do you find yourself nodding off in class after you eat lunch? Try eating Energy Food! Campus Fresh offers a variety of wraps, salads, paninis, and Brown Burritos. Brown Burritos are made with brown rice which are designed to be delicious and nutritious and keep your energy levels high throughout the day!**

**Health and Wellness Center,  
23rd & G St. NW  
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**For more on how to read a food label go to:  
[HTTP://WWW.CFSAN.FDA.GOV/~DMS/FOODLAB.HTML](http://www.cfsan.fda.gov/~dms/foodlab.html)**