

## Get Fit Nutrition: Weight Loss Tips and Strategies

### *Grocery Shopping*

#### *Tips for Better Shopping*

- ✓ Successful grocery shopping begins along the outside perimeter of the store where the fresh fruits and vegetables are kept. When going down the food aisles, focus on the lower and upper shelves, rather than the middle shelves. Foods on the lower or upper shelves tend to be healthier.
- ✓ Always shop with a grocery list so you will not forget items. Each month, shop for staple foods such as, cereal, pasta, canned goods, and healthy snacks.
- ✓ Avoid purchasing overly preserved and processed foods with added sugar and sodium. Limit the amount of “sweets or desserts” you purchase or avoid altogether to resist temptation.
- ✓ Always grocery shop after eating. Never go to the grocery store hungry as you may be more tempted to purchase higher fat and higher calorie foods.

#### *The Winning Grocery List*

The following foods are great to add to your grocery list. They will contribute to weight loss and give you energy.

- Fruits and vegetables. To ensure a variety of nutrients, choose a rainbow of colors.
- 100% whole-grain cereal, pasta, bread, and rice. One serving should offer at least three grams of fiber.
- Eggs or egg substitute. Provides an excellent supply of protein.
- Almonds, pecans, and walnuts. Provides monounsaturated fat, which can help lower blood cholesterol.
- Variety of beans. Provides more than half of the daily fiber needs.

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To learn more about your nutritional needs and questions, purchase a 30 minute phone consultation with Alison from **GetFitLiveFit.org**.