

Grocery store smarts



Eating healthier starts with shopping healthier. What we buy and stock in our kitchen is what we will most likely eat, and what we eat determines 80% of how we look and feel. Let's give ourselves an advantage by making sure we have the tools we need to succeed.

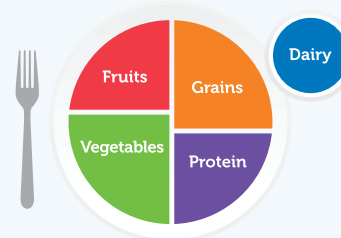


General healthy shopping

- 1 Make a shopping list first and be sure to shop around the edges of the store for fresh produce.
- 2 Compare labels (look for products with less fat, sodium, and sugar, and more fiber and protein).
- 3 Avoid the highly processed foods in the inner aisles (soda, candy, chips, cookies).
- 4 Don't shop hungry. Eat a healthy meal or snack before shopping (apple, banana, hardboiled egg, string cheese, Greek yogurt).

Product recommendations:

- organic apples
- plain Greek yogurt
- organic eggs
- Dave's Killer WW bread
- natural almond butter



For diabetes/weight loss

- 1 Read labels to find products with fewer carbohydrates and sugars. Look for products sweetened with stevia, monkfruit, erythritol, or maltitol.
- 2 Stock up on non-starchy vegetables and lean proteins for meals.
- 3 Choose high-protein snacks (eggs, nuts, string cheese, chia seed pudding) instead of high-carbohydrate snacks (cookies, crackers, chips, candy).
- 4 Avoid sugar-sweetened foods and beverages (pastries, candy, soda).

Product recommendations:

- Vitamin Water
- Zero Sugar
- Lakanto sweetener
- cauliflower rice
- chia seeds
- flaxseed cracker



For plant-based diet

- 1 Include protein at every meal (tofu, tempeh, nuts, beans, plant-based meats).
- 2 Focus on produce, whole grains, legumes, nuts, and seeds.
- 3 Make sure to have good sources of calcium, vitamin B12, and healthy fats (almond milk, nutritional yeast, supplements, extra virgin olive oil, flaxseed oil, avocado, nuts, seeds).
- 4 Don't overdo it on processed foods (chips, cookies, pastries, margarine).

Product recommendations:

- Silk unsweetened almond milk
- tempeh
- flaxseed meal
- nutritional yeast
- Just Egg egg substitute

For anti-inflammatory diet

- 1 Include more colorful fruits and vegetables (greens, tomatoes, bell peppers, apples, berries).
- 2 Eat more healthy fats and omega 3 fatty fish (salmon, tuna, mackerel, sardines, anchovies).
- 3 Drink green tea.
- 4 Avoid/cut back on sugar, white bread, red meat, fried food, and vegetable oils (canola, corn, peanut, soy, sunflower, safflower).

Product recommendations:

- organic grape tomatoes
- organic blueberries
- extra virgin olive oil
- canned or fresh wild salmon
- matcha green tea

