



HEALTHY LIVING

Supermarket Savvy

Good Nutrition

Starts at the Store

The information contained in these materials is provided for educational purposes only and is not intended nor implied to be a substitute for professional medical advice. Nothing contained in these materials is intended to be used for medical diagnosis or treatment. You should always seek the advice of your physician or other qualified healthcare provider before starting any new treatment or discontinuing an existing treatment. Talk with your healthcare provider about any questions you may have regarding a medical condition.



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USING THE CHAT



**YOU
ARE
WHAT
YOU
EAT**



Objectives

- Pre-plan to avoid impulse buys
- Shop smart in each department
- Learn to help kids make better choices
- Transport and store food safely
- Discuss organic shopping



Before you go

- ☑ Plan the weeks meals and snacks
- ☑ Make a list and check it twice
- ☑ Check your refrigerator, freezer, and cabinets
- ☑ Snack first





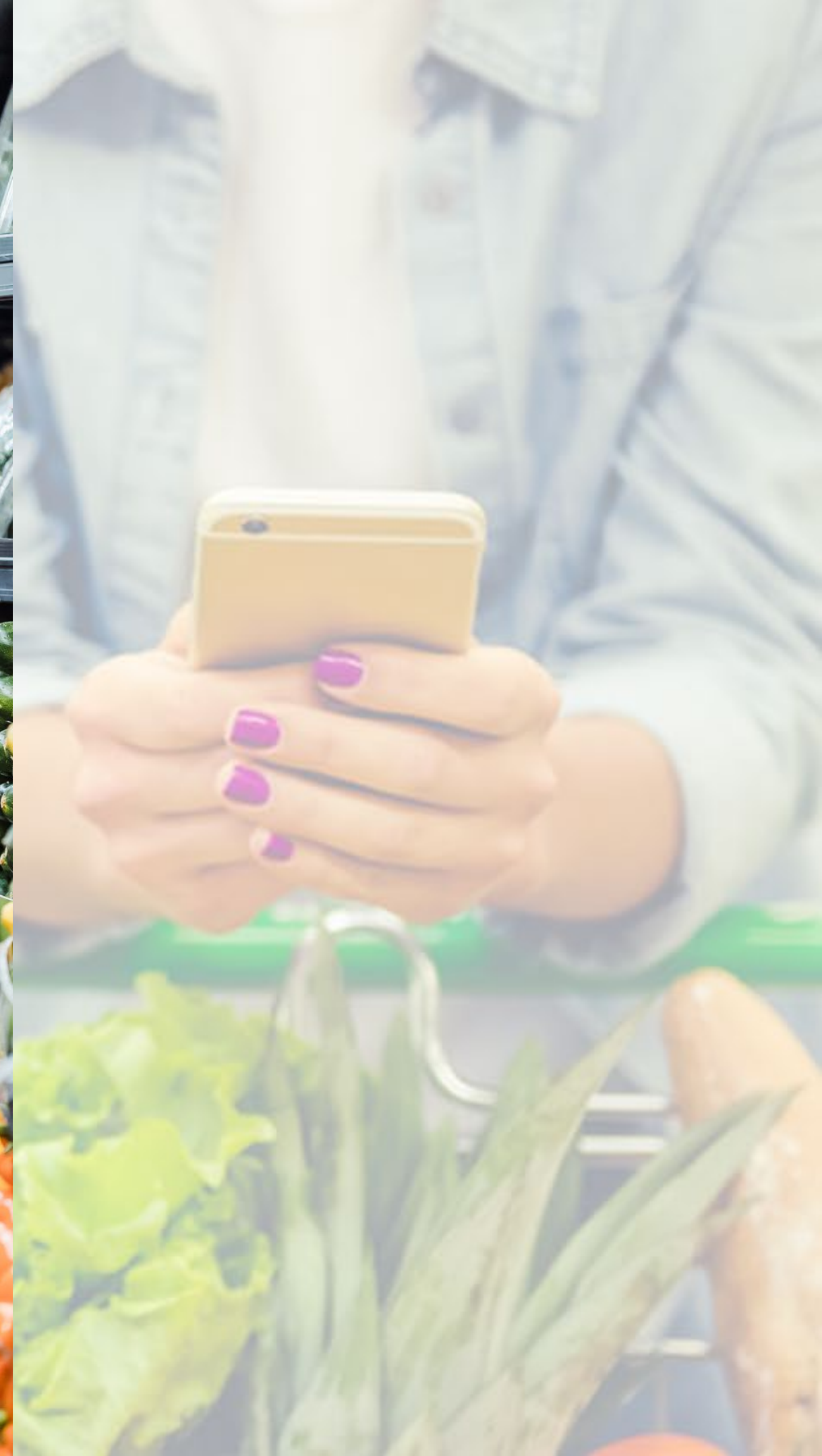
Ready
Set
Go!

The 5 Main Food Groups

- Fruit and vegetables
- Bread, rice, pasta, potatoes, and other starchy carbohydrates
- Meat, fish, eggs, beans, and other proteins
- Dairy products, and alternatives
- Oils and spreads



Start
With
the
Produce
Section



Fruits and vegetables

- Remember the rainbow
- Buy what's in season
- Dried, frozen, and canned

watch for added sugars



Breads and Grains



Make Half of Your Grains Whole Grains

- Grain products are everywhere
- Choose whole grain
- Look at the label
- Read the ingredient list



Lean Protein





Keep Protein Lean

- Aim for seafood twice a week
- Include plant based proteins
 - tofu, beans, lentils, mushrooms and green veggies
- Choose skinless chicken breast and turkey cutlets
- Choose lean and extra lean cuts of beef



Dairy Section





Choose Low-Fat or Fat Free Dairy

- Look for milk, cheese, yogurt, and fortified soy products
- Choose fat-free (skim) and low-fat (1%) dairy
- Avoid added sugar and sweetener
- Check food labels for sodium, fat, and sugar





Frozen Foods





Frozen Food Aisles

- 16 ounces of strawberries: Fresh: \$5.00
Frozen: \$3.79
- Buying frozen products is a year-round, healthy and affordable option
- Better tasting and more nutritional value
- Less preservatives
- Frozen seafood may be better than fresh!



Snacks & Soda





Have a Plan in
Place **Before** you
Shop



Snack and Soda Aisles

- High in sat, sodium and added sugar
- Enjoy sweets and treats in moderation
- Stick to the list



Avoid Impulse Buys

- ▶ Don't wander. Only go down aisles you need
- ▶ Stick to the list
- ▶ Avoid shopping with friends
- ▶ Choose the shortest check out line



Safe Shopping

- ▶ Be aware of general food safety
- ▶ Check dates
- ▶ Separate raw items from fresh
- ▶ Wash reusable bags
- ▶ Refrigerate food within 2 hours



The Organic Debate

- Organic has less processing but is more expensive
- Same nutritional benefits
- Decide what is right for you!





Congratulations!

**Use this guide to make healthier choices every time you
are at the supermarket**



Resources

The Academy of Nutrition and Dietetics

www.eatright.org

The National Institute of Health

<http://dnrc.nih.gov>

The United States Department of Agriculture

www.usda.gov and www.choosemyplate.gov

U.S. National Library of Medicine

www.nlm.nih.gov



**Take Charge | Live Well
Questions?**

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THANK YOU

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