



CONSUMER HEALTH TIPS

May 21, 2014

Shop the Perimeter



I know, we've discussed this before, but it's important... when you go grocery shopping, always start by picking foods from around the perimeter of the store, first, for the healthiest options.

For example, you'll find the produce section at one end, anything there is fair game.. (the more colorful the better)

Moving around the store you get to the dairy section where you can pick up your low fat milk, cottage cheese, low fat yogurts, eggs, etc.

Then on to the bakery where you'll only want to reach for a loaf of whole grain bread for sandwiches at lunch or toast in the morning with peanut butter.

Most of the isles are filled with highly tempting foods; like cookies, candies and chips, etc. Do your best to stick to the perimeter for most of your shopping, and maybe then fill in the other food items from your list!

Happy Shopping!

Consumer Education Materials

