

## Healthy Shopping Hints

- Only buy food off the “Foods to Emphasize” list or the EnergyFirst Shopping List.
- List the foods you are going to buy in order of priority: first, lean protein (chicken, turkey, fish, salmon, tuna, shellfish, whey protein, non-fat dairy); next raw fats/oils (avocado, extra virgin olive oil, flaxseed oil, raw nuts and seeds); and lastly unprocessed carbohydrates (non-starchy vegetables, fruit and some whole grains like old fashioned oatmeal, brown rice, beans and lentils)
- Never shop when you are hungry or tired—you are more likely to make poor decisions.
- Plan what you are going to buy before you shop.
- If it’s in your house you will eat it! Keep your house clean!
- Avoid having cheat meals at home – eat out for your cheat meals.
- When buying carbohydrates, focus on unprocessed foods-as-grown carbohydrates from the produce department.
- Buy organic vegetables, fruits, nuts, seeds, and whole grains, where possible. They are hormone and pesticide free, and are generally higher in nutrient value.
- Remember to stick to the outside aisles of a supermarket. This is where you will find the fresh produce. The inside aisle are where you will find all the processed and junk food.
- Buy free-range eggs and egg whites, rather than commercially raised eggs, which are high in cholesterol, drugs and anti-biotics.
- Buy wild game (venison, ostrich, quail, pheasant, moose) or any organic beef – it is very lean i.e. low in saturated fats (as compared to commercially raised red meat which is very high in saturated fat and loaded with hormones and steroids), and contains essential fats.
- Buy raw seed oils (for salad dressings, in your shakes etc) only from the refrigerated section of your local health food store. Buy raw nuts (cashews, almonds, brazil nuts, hazelnuts, walnuts, pecans, pistachios, macadamia nuts etc) and raw seeds from the bulk food section of your health food store. Buy raw seed butters and raw nut butters from your local health food store.
- **INFORM YOURSELF** – Food marketers are very clever at hiding away sugars and fats. So it is always important to read labels when you purchase food. Read the nutrition facts and the ingredients.