

Canned Food

**Beware of hidden ingredients. Buy**

Beans: No salt added, low sodium

Corn: No sugar added

Fruit: in juice, not syrup

**Buy generic brands**

Check labels, but they are typically the same as the name brand

Produce Area

**Buy produce that can be used for different meals**

Spinach

Carrots

Bell Peppers

Avocado

**They are easy grab-n-go snacks**

Apples

Bananas

Bell Peppers

Pears

Mixed Fruit

**Buy ‘in-season’ produce**

Protein Selection

**Buy a more lean ground meat selection**

93% Fat Free / 7% Fat

99% Fat Free

90% Fat Free / 10% Fat

**Include lower-cost protein options**

Beans

Peas

Lentils

Eggs

**Buy and then freeze**

Raw meat only lasts 3-4 days in the fridge

Cook what you need, then freeze the rest

Snacks, Snacks, Snacks

**Crackers or chips? Check the label**

Look for things like ‘100% whole grain’ or ‘sprouted grain’

**Nuts and seeds? Check the label**

Try to find nuts and seeds without salt added

**Granola or Snack bars? Check the label**

Look at the first ingredient, try find one that has ‘whole oats’

Frozen Produce

**Beware of hidden ingredients**

Added sauce and butter

Choosing Dairy

**Choose lower fat dairy**

Fat-free skim or 1% milk

Low-fat cheese

Tips for Every Aisle