

10 TIPS FOR NAVIGATING THE GROCERY STORE

Stephanie McBurnett, RDN, LD | March 30, 2022



Nutrition Tips

Going to the grocery store without a plan can be stressful. Use these ten tips from mom of two and Healthcare Services Group Registered Dietitian, Stephanie McBurnett, to help ease anxiety, find healthier options, and shop with confidence.

1

HAVE A PLAN

Make a grocery list and know what meals you're going to make for the week. Without a plan, you might end up wandering each aisle, and inevitably things will drop in your cart that you didn't want or need. Also, never shop on an empty stomach!

2

START IN THE PRODUCE SECTION

Eat the rainbow! During each meal, half of your plate should be vegetables and/or fruits!



3

BUY ORGANIC (when it matters)

Always buy organic from the "Dirty Dozen": strawberries, spinach, nectarines, apples, peaches, pears, cherries, grapes, celery, tomatoes, sweet bell peppers, and potatoes.

4

READ LABELS

If you are not buying whole foods, always check the label. If there is more than 5 ingredients, then you might want to put the item back.

5

LOOK HIGH AND LOW

Food companies with the biggest budgets are going to be placed at eye level. These companies add the most sugar, salt, and fat to make their food more palatable.

6

DON'T FORGET WHOLE GRAINS

Whole grains are part of a well-balanced meal. Always get whole grains; they are more nutritious and have more fiber. Reach for whole grain millet, couscous, quinoa, brown rice, bulgur, barley, and whole wheat pasta. Beware of multi-grain claims – multi-grain does not mean whole grain!



7

REACH FOR THE FROZEN FOODS

Frozen fruits, vegetables, and whole grains will last a long time. In a pinch, they are quick and healthy meals to heat up and eat. They are also great for smoothies!

8

BUY CANNED & DRY GOODS

This is an easy way to always have beans, veggies, and whole grains on hand. Look for canned beans, tomatoes, artichokes, mushrooms, and vegetables (search for low sodium options and rinse off after opening).

9

ASK FOR HELP

Don't be afraid to ask your grocer for help finding something. Some stores will even special order items for you.

10

AVOID PROCESSED FOODS

A processed food is anything found in a package or not found in nature. These foods contain hidden, harmful oils, preservatives, and added sugars.



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"Food is an integral part of happiness and health. Working with residents, you get to build long-term relationships and really make a difference in their lives!"

Stephanie has been an HCSG Registered Dietitian since 2021. She graduated from the University of Alabama Dietetic program in 2018 and completed her internship with Wellness Workdays in 2020. She is both a US Navy veteran and spouse and has two daughters. She is an avid runner and plans to complete the Marine Corps Marathon in October 2022.