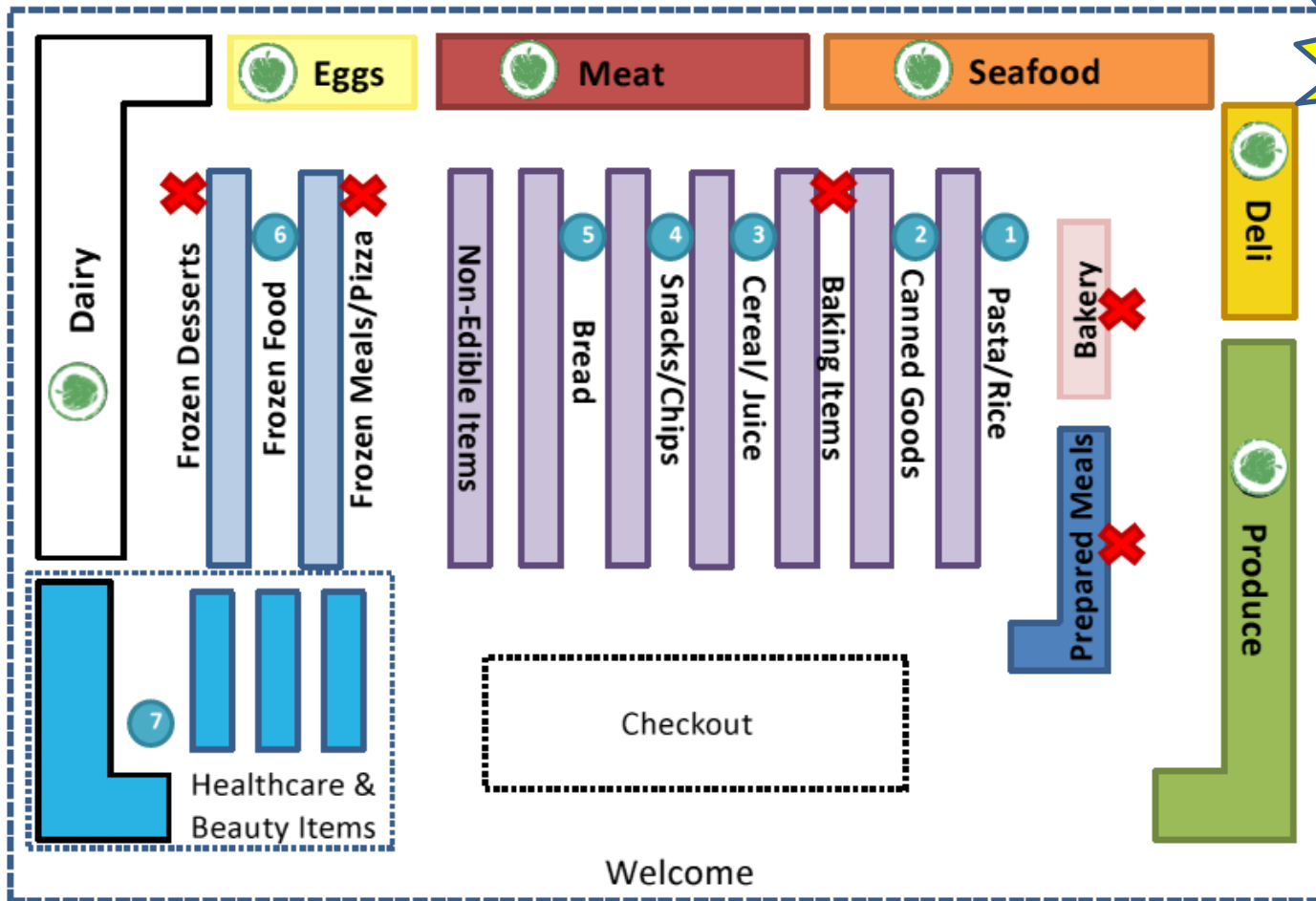




Maneuvering Through Your Grocery Store – Shop The Perimeter For Healthiest Foods

Maneuvering through a grocery store can be challenging, especially when trying to find the best foods to support a healthy diet. It may be difficult to know where to start and which aisles to avoid. Let this map take the guesswork out of your next shopping trip and make the best decisions for your health.



= Healthiest Options: Shop Often

= Not-So-Healthy Options: Shop Less Often

- 1** Choose 100% whole wheat pasta, brown rice, quinoa
- 2** Choose low-sodium, low-sugar, and no added fats
- 3** Choose 100% Whole Grain Cereal; Plain Oatmeal
- 4** Choose nuts without sugar
- 5** Choose 100% whole wheat bread
- 6** Choose frozen veggies/fruits without added sugar, fat
- 7** Talk with your healthcare provider before starting a vitamin/mineral or herbal supplement