

Grocery cart smarts



It's been said that healthy eating starts at home, but in truth, it starts at the grocery store. Putting the right foods in your cart puts you on the right path for healthy meals. Some tips:

- **Check out your pantry.** Knowing what ingredients you have at home will help you plan for the upcoming week.
- **Remind yourself of your nutrition goals.** Are you adding more whole grains to your diet? Trying to incorporate more fruits and vegetables? Opting for meatless meals? Be sure to select what you'll need to meet your goals.
- **Plan meals ahead of time.** Pre-planning meals helps minimize unnecessary trips to the store and prevents last-minute fast food runs when you just don't know what to make for dinner.
- **Don't go to the store hungry or thirsty.** Have a small snack and a drink before you go to the store. Being hungry or thirsty can cause you to make impulse purchases.

