



The Secrets To Becoming A Healthy Grocery Shopper

Contrary to popular belief, eating healthy doesn't start in the kitchen. It starts when you do your groceries.

We all want to eat healthy. But in order to do that, we need to prepare healthy food. The task may seem easy and simple, but if you're not used to grocery shopping for healthy food, you might end up with bags of mixed ingredients, health wise.

So if you're ready to conquer the supermarket once and for all, here are some tips to help you shop healthier.



Plan before you shop

Even before stepping inside the store, shopping will be easier if you [plan out the healthy meals](#) you'd like to make for the week and then list down the ingredients you will need for each recipe. Once you get to the store, stick to your shopping list! This will keep you from throwing those unnecessary snacks and sweet temptations into your cart.



Don't go on an empty stomach

Don't attempt to grocery shop when you're hungry or else you'll be tempted to grab the more convenient but less healthy food, like chips, fast foods, or soda, to satisfy your hunger. Eat a nutritious meal or a snack before you go shopping to keep impulse snack buying at bay.



Read the label

Make the Nutrition Facts label your best friend when you're shopping for your groceries. It's your one stop shop for all the information on the nutrients in the products you are buying making it easier to compare products. According to Food and Nutrition Research Institute — Department of Science and Technology (FNRI-DOST), it is important that you check the nutrition label to help you incorporate your favorite foods into a nutritious diet. Some of the information you can get are the serving size in both household and metric measures to see how much of the product you actually eat, the amount of calories you can get from the product, and the amounts of nutrients and their Percent Daily Values, which shows how the food fits into the overall daily needs.

**Avoid bulk buying**

Unless you have a really big family, most likely, you don't need to shop in bulk. Although buying 10 boxes of cookies may seem like a great idea, you may end up eating those boxes too quickly when you get home and then feel guilty afterwards. Getting the smaller packages will help you control your portions and prevent you from overeating.

How about you, readers. What are your secrets to shopping healthy?