

9 Habits of healthy shoppers

Shopping list

A large rectangular area with a dotted line border, intended for writing a shopping list.

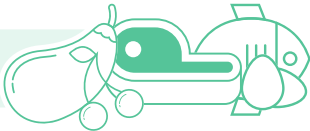
1 Choose a rainbow of colours

The fruit and veg aisles are your pharmacy and health insurance.



2 STICK TO THE OUTER AISLES OF THE STORE

This is where you'll find all your fresh foods.



THE PROCESSED, HEALTH-SAPPING STUFF IS IN THE MIDDLE 80% OF THE STORE

3 Key labels to opt for:



4 HEALTHY FATS TO STOCK UP ON:



5 AVOID ANYTHING CONTAINING ADDED SUGAR OR ARTIFICIAL SWEETENERS

Beware – sugar comes in many guises! (eg high fructose corn syrup)



6 Steer clear of all low fat products



They're loaded with sugar and contain lots of chemical nasties.

7 DON'T BUY REFINED OILS

Industrial oils (like sunflower oil) cause inflammation in your body (ditto for margarine – stick to butter)



8 READ THE SMALL PRINT

If you can't pronounce an ingredient, your body won't know what to do with it.



9 Don't shop whilst hungry!

