

HEALTHY SHOPPING / HEALTHY EATING

Shop the outer aisles at the grocery store

MEATS

Buy less



CHICKEN

Buy more



SEAFOOD

Buy lots



Fresh Fruit
and
Vegetables*

Buy Lots

*Frozen also healthy;
less expensive



Eat healthy snacks



YES

Fruit
Nuts
Yogurt



NO

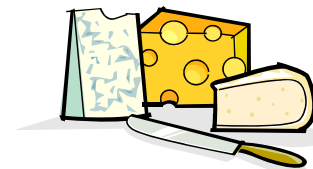
Soda
Chips
Candy

Milk / Yogurt
lowfat

Buy Lots



Cheese
Buy Some



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