

## SHOPPING

### Shopping to eat well.

When you know which foods at the supermarket can help you and your family to eat well, shopping can become easier, quicker and cheaper.

The tips below will help you spot the difference between healthy food, and food products on the supermarket shelves disguised as healthy, so you can eat well at home.

### Tips to shop for a healthy diet:

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There is an endless variety of 'health' products on the market, but the basic information you need to know has remained the same.



Focus on minimally processed, plant-based foods such as vegetables, grains, seeds, nuts, legumes and fruits.

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Eat lots of colourful vegetables (about five handfuls per day) and fresh fruit (about two handfuls per day).



Keep ultra-processed and sugary foods (e.g. biscuits, muesli bars, sugary cereals) to a minimum.

Ultra-processed foods that look 'healthy' are trying to trick you, like 'no added sugar' products and packaged kids' snacks. They are also more expensive.

Read the back of the packet to check how much salt, sugar and fat are in the foods you buy, and try and pick products with the shortest list of ingredients.

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Choose a variety of high-fibre foods, such as legumes like chickpeas and lentils, wholegrain cereal and bread, to keep your digestive system regular so you feel good.



Avoid sugary drinks which contain lots of calories but have no nutritional benefit.

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