The following guidelines will make shopping easier and ensure that you leave the store with nutritious items on hand:

1. Do not go shopping hungry. You are more likely to choose less nutritious items.

2. Begin with the outer extremities of a supermarket, and then work towards the center. Fresh produce, meats, dairy, and whole foods are in the outer part, while processed foods are usually placed in the center.

3. Make a shopping list before you head out to ensure that you only purchase items that you need.

4. Shop from the bulk section to ensure that you only take portions you need to reduce food waste.

5. Read the food label. Look for foods labelled “low-fat,” “old fashioned,” “low-sodium,” and “heart healthy.” Avoid labels such as “nonfat,” “quick,” and “instant”

6. Involve family members in grocery shopping. Educate them on food items that will help promote healthy eating for the whole family.

7. Remove all empty-calorie containing foods (cakes, cookies, junk food, ice cream, sodas) from the household.

8. If temptation arises, purchase food items outside and consume it right there and then, be sure none of it enters your household or kept in the car.

9. Apply tip #8 to family members living in the same household.

10. Choose good quality food. It is not necessary that all items on your grocery list be organic.