



## in the **grocery store**

### **A healthy plate starts in the grocery store.**

The person who buys the groceries often decides what the family will eat.

#### **Make healthy choices!**

- **Buy fresh and canned fruits for snacking.** Choose the traditional fruits such as apples, oranges, grapes and bananas. Also buy other fruits when they are on sales.
- **Skip sugary drinks.** Don't put soda in your grocery cart. If you don't buy it, your family can't drink it at home.
- **Buy healthy foods to snack on** - whole wheat crackers, hummus, fruit and popcorn.
- **Buy lean meats.** Keep frozen chicken breasts in your freezer for quick meals. Choose ground beef, chicken or turkey that is at least 92% lean.
- **Buy whole grain** breads, crackers, tortillas, breakfast cereals and brown rice.
- **Switch to skim or 1% milk** for everyone in your family over the age of 2 years.

If healthy foods are in your cupboard and refrigerator,  
**your family will eat them!**

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