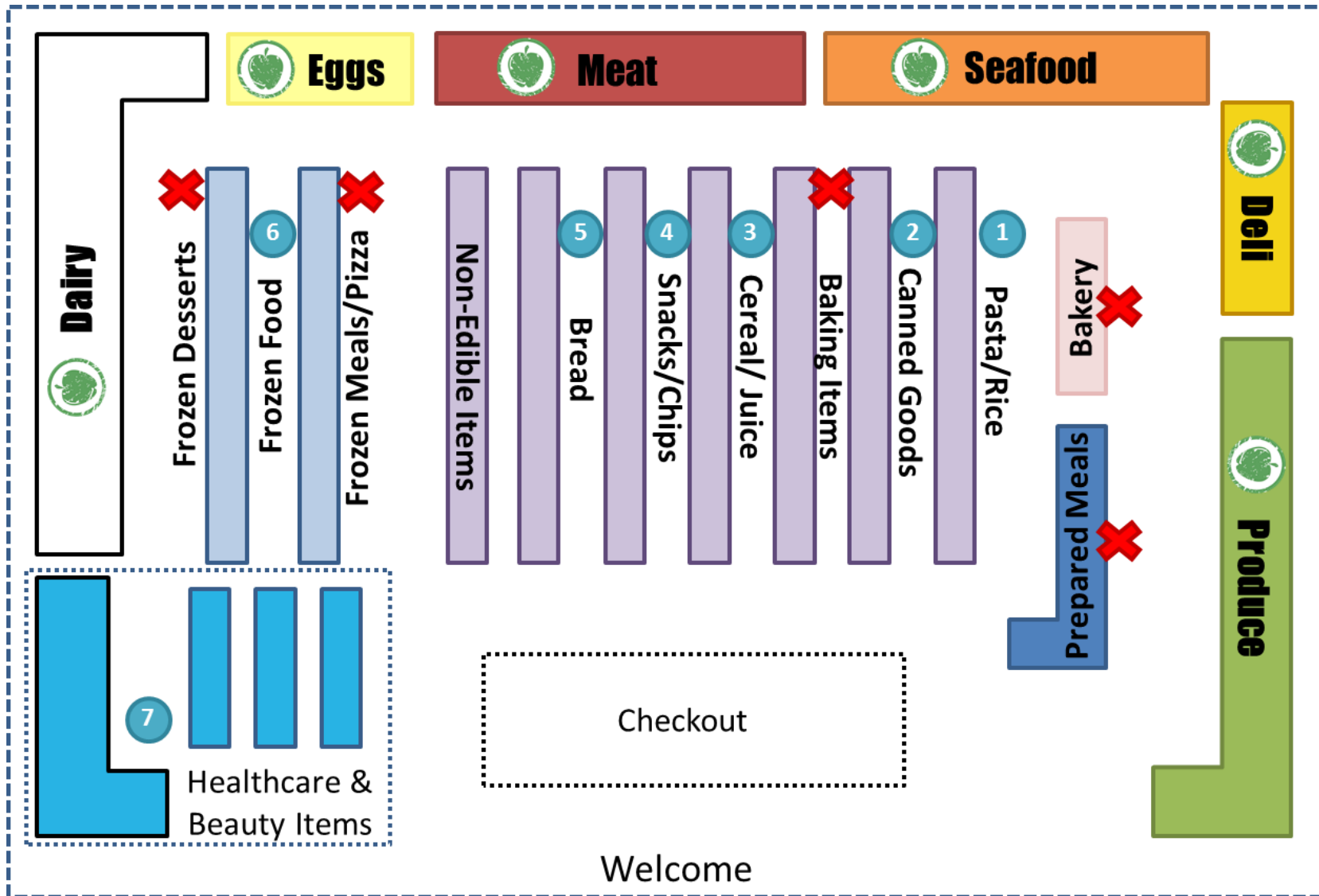




Maneuvering Through Your Grocery Store

Maneuvering through a grocery store can be challenging, especially when trying to find the best foods to support your healing and recovery. It may be difficult to know where to start and which aisles to avoid. Let this map take the guesswork out of your next shopping trip and ensure you are making the best decisions for your health.



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Grocery Store Map Legend



If you see the Healthy Eating icon then you are on the right track, and the recommended foods will be able to provide essential nutrition to support your healing process.



The red 'x' means this aisle or area contains food that will provide little to no significant nutritional value for you, and in some cases may be detrimental to your healing process.

Numbered Aisles & Areas

As a general rule, you want to shop the perimeter of a grocery store to find the most fresh and nutrient-rich foods. The center aisles are usually considered the 'danger zone,' however certain aisles do contain healthy options. The numbered guide helps to identify those items, so that you know which ones to grab and which ones to leave on the shelf.

- 1 If you can't give up your pasta and rice, look for whole grain or brown rice alternatives.
- 2 While not the ideal choice, if fresh or frozen is not an option, then canned items with low sodium content are recommended.
- 3 Look for oatmeal, oat or bran cereals, and 100% juice. Avoid products with added sugar.
- 4 Pick up a container of nuts for a healthy snack. Any type of nut can supply the good fats you need.
- 5 Another great way to introduce a whole grain option. Think whole wheat or whole grain bread.
- 6 If you can't find the fresh produce you want, then frozen fruits and vegetables are a good alternative.
- 7 Getting vitamins directly from food is always the best option, but consult your health care provider if you think a vitamin or mineral supplement might be necessary.

Nutrients you are looking for:

Produce

Vitamin A, Vitamin C, Antioxidants

- Vegetables- carrots, leafy greens, squash, sweet potatoes
- Fruits- berries, citrus

Deli

Protein

- Lean meats- turkey, ham, chicken
- Look for 'no-nitrate' products

Seafood

Omega-3 Fatty Acids

- Fresh fish- salmon, trout, seasonal catch

Meat

Protein

- Lean cuts- beef, chicken, turkey, pork

Eggs

Protein

Dairy

Calcium

- Milk
- Cheeses
- Yogurt
- Choose reduced fat options (2%, 1%, or non-fat/skim)

Basic Tips:

- Never go to the grocery store hungry.
- Go to the store equipped with a grocery list and menus in mind.
- Plan your meals and food options for your specific healing needs.
- Read labels. Evaluate nutrition facts and ingredients.
- At the checkout, ensure the majority of your cart is from the perimeter of the store.