

# **POWER STRENGTH**

## **TRAINING SYSTEMS**

### Grocery Store Strategy

The grocery store is an equally confusing place. Lots of bright, flashy labels and marketing jargon can distract people from buying the right food to support a healthy lifestyle. Confusingly, the low sugar, low fat, organic, and all foods are not necessarily the best choices to get this done.

Shopping should be fun, simple, and a family activity. If you're a parent you stand in a great position as the head of the family to educate them on how to shop and eat right. The first rule of any nutritional lifestyle change is that if it's not in your house, you and/or your family won't eat it.

As such, knowing how to find the best foods quickly and cheaply will practically force you to eat well. These are some simple tips to getting the most out of your grocery store trip:

- 1. Shop around the outside of the store. Produce, meat, dairy, and generally better foods are there.**
- 2. Use coupons on produce and meat, most can be bought in bulk and stored for future use.**
- 3. Avoid the marketing on the front of the package; you want what's on the back. Read nutrition labels to note serving sizes, hidden ingredients, and more. Ask us if you want more help with this!**
- 4. Try to buy more whole foods, AKA foods with 5 or less ingredients.**
- 5. Shop with a purpose. Have a plan for what you need and what you're cooking that week. Making a list will help eliminate unnecessary "impulse buys".**
- 6. Be careful of shopping when you're hungry and the cravings kick in!**



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