



SMART SHOPPING TIPS



\$ Don't go to the supermarket when you are hungry.

An empty stomach may tempt you to fill up the cart with foods that you do not need or are not the healthiest choices.

\$ To save money clip coupons, check weekly specials of your local supermarkets, and try to buy generic or supermarket brands. These brands are often cheaper and of the same quality as name brands.

\$ Buy fresh fruits and vegetables instead of canned varieties because they have more nutrients and less sugar and salt. Also, try to buy in season and from local farmer's markets whenever possible.

\$ Buy whole grain foods, like whole wheat bread or oatmeal, instead of refined grains, like white bread or corn flakes. Whole grains have more fiber and are better choice, especially for diabetics. Look for:

→ At least 3 g per serving of fiber per serving in cereals

→ At least 2 g of fiber per slice of bread.