

10 WAYS TO SHOP SMARTER TO MAKE BETTER FOOD CHOICES

- 1. READ THE INGREDIENTS LIST** - Ingredients are listed in descending order by weight, so the first ingredient is the main ingredient and the last ingredient is in the product in the smallest amount. If sugar, fat or salt is listed near the beginning of the ingredient list, it is likely the product has a lot of these in it.
- 2. BUY IN BULK** - Foods like rice, pasta, nuts, meat and dairy foods are much cheaper when you buy these in large amounts. Check supermarket catalogues to see when these foods are on special – and stock up.
- 3. PLAN AHEAD** - Plan your meals for the week and make a shopping list before heading to the shops. This will save you time and money, and will make sure you always have what you need.
- 4. OPT FOR LOWER SATURATED FAT FOODS** - Healthier products will have less than 10g total fat per 100g. And look for the saturated fat (the bad fat) content to make up less than half the total fat. One teaspoon of fat is around 5g, so if a label says 25g fat per serve – you'll be getting around five teaspoons of fat per serve (which is quite a bit!).
- 5. BE A FIBRE FAN** - High fibre foods will usually have words like 'wholegrain', 'wheat or wholemeal flour' or 'whole oats' or 'bran' in their ingredients list. And to be called 'high fibre' a food must contain at least 3g of fibre per serve.
- 6. READ THE NIP!** - To attract your attention, food manufacturers may make a nutrition claim on their packaging such as 'low fat', 'cholesterol free', 'high fibre' or 'reduced salt'. Rather than relying on these claims to make a choice, have a look at the nutrition information panel (or NIP) to decide for yourself whether a product is a healthy option.
- 7. SHOP FOR HEALTHY STAPLES FIRST** - Put healthy staples (such as bread, fruit, vegetables, dairy foods and meat) in your trolley first, before reaching for foods like chips, biscuits and soft drinks.
- 8. CHECK THE 'UNIT PRICE'** - Compare the unit price or price per 100g for different products. You may be surprised to learn that healthier foods are often cheaper. For example, potatoes might be \$2/kg and a 175g packet of potato chips \$3.20 – which at face value, does not seem to be a lot of difference. If you compare 'apples with apples' and calculate these per 100g, the potatoes are 20c/100g and the potato chips \$5.85/100g!
- 9. STOCK UP ON FRUIT AND VEGETABLES** - Buy lots of fruit and vegetables when shopping, especially those in season. If you find yourself wasting fresh produce, try canned or frozen varieties. Make sure you choose canned vegetables with less salt and tinned fruit in natural juice.

Eat better, feel better, see an APD!

Make this year the one you commit to achieving and maintaining a healthy weight. Get involved with Australia's Healthy Weight Week and see an Accredited Practising Dietitian (APD) for help with healthy eating. APDs provide science-based food and nutrition advice tailored to your individual needs. Free call 1800 812 942 or visit 'Find an APD' at <http://www.daa.asn.au> to contact your local APD.



10. SHOP WHEN YOU DON'T FEEL HUNGRY - Going food shopping when you are hungry can result in extra and less nutritious food being thrown into the trolley

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