

THE SMART SHOPPER

Making informed decisions when shopping for food allows you to prepare healthy food at home as well as packing food for lunch time. You will also get value for money and enjoy your shopping. Plus, when you return home, you won't regret a hasty decision you made when you purchased something you didn't need.

MY

SMART LIST



Bread/cereals - Go for wholemeal/wholegrain/fortified/enriched products



Rice - buy unpolished or brown rice as these contain more vitamins, minerals and fiber



Fruits and vegetables - Purchase fresh produce in variety of colours



Meat - Select lean cuts rather than processed/canned meats



Margarine - Choose soft spread margarine enriched with vitamins and minerals



Milk - Choose full cream milk as far as possible. Sweetened creamer and condensed milk are not considered milk.



Juices - Choose fresh fruit juice and not fruit juice drink or cordials



Biscuits - Buy oat biscuits or plain biscuits which fortified with fiber/iron/calcium instead of sweetened/cream-filled varieties

TIPS FOR SHOPPING

Before shopping

- Set a suitable time so you don't have buy things in a hurry
- Have a 'to buy' list
- Plan your budget and know where to shop
- Do not shop on empty stomach! This leads to impulsive buying.

When shopping

- Do not deviate too much from your list. Food that looks tasty or is on sale may tempt you, but think twice about the nutritional content before buying.
- Read the nutritional label to make appropriate choices.
- Ensure purchased food has not expired/is about to expire
- Do not buy food in dented/rusted tins or in crushed packages.
- Buy perishable items i.e. chicken, fish, vegetable last.

After shopping

- Go straight home to avoid fresh food spoilage or contamination.
- Store your perishables in the fridge/freezer as soon as you get home.

