



**Eat Healthy!  
Be Active!**

## HEALTHY HABITS FOR EVERYBODY

Feast on Fruits  
& Vegetables

Move it! Improve it!  
Be Active

Supercharge Your Day!  
Eat Breakfast

Be Fiber Fit! Eat Beans  
& Whole Grains

Lighten Up on Sugar,  
Salt & Fat

Quench Your Thirst  
with Water

Power Up - Follow  
the Food Pyramid

### Ten Tips for Smart Shopping for Seniors

*It is possible to eat nutritious, wholesome meals  
and save money*

1. Watch for supermarket ads and coupons in the newspaper for money savings on the items you usually buy. Plan a week's worth of menus and arm yourself with a shopping list to help avoid impulse buying.
2. Shop with a friend and split larger items such as value size packages of meat or poultry, heads of lettuce, a large loaf of bread, or a bunch of bananas
3. Purchase loose packs of frozen vegetables and fruit, such as broccoli or strawberries, so you can use only what you need and store the remaining bagged food in the freezer.
4. Single portions items, such as single-serving fruit or puddings, are more expensive than larger cans or packages that may provide for two or more meals. Be sure to refrigerate any leftovers and discard after 3 days.
5. Buy plain unprocessed grains, pasta, dried beans and oatmeal. Season yourself instead of buying instant or flavored varieties.
6. Packages that read "Healthy" or "Natural" are more expensive, plus these terms are meaningless. "Reduced fat," "light," and "fat free," on the other hand, are health claims supported by scientific evidence.
7. Learn to compare products by reading the *Nutrition Facts Label* to get the most nutrition for your dollar.
8. Stock your kitchen with healthy canned items like tuna, tomatoes, low-sodium soups and beans for low cost, easy-to-prepare meals.
9. Be aware and shop mostly from the outer aisles of the supermarket for healthy fruits and vegetables, lean meats, dairy and breads. Expensive and processed foods are usually found in the inner aisles of the store.
10. Contact local community agencies such as *Whistlestop* at 415-456-9062 for information on senior congregate dining or home-delivered meals in your area or volunteer services to help with transportation or shopping.