

DECEMBER

A person can easily sabotage their weight management/weight loss efforts by what they choose to put in their mouths. However, what a person puts in their shopping cart might be just as devastating. Use these savvy shopping secrets to set yourself up for success in the grocery aisle and on the scale.

1. SHOP THE PERIMETER

~ The perimeter of the grocery store usually contains fresh fruits and vegetables, bread, meat, chicken, seafood, and dairy products.

~ The center aisles are known for housing packaged food full of fat and sugar.

2. MAKE A LIST

~ Sticking to a list can deter a person from making food choices on a whim....and help keep the bill down!

3. STAY AWAY FROM END CAPS

~ The end caps usually display specials and deals. However, if you don't need that item, then it is not a good deal...for your waistline or your wallet.

4. NEVER SHOP HUNGRY

~ Shopping on an empty stomach usually leads to poor purchases. Let your brain do the shopping... not your belly!