### Mayo Clinic Minute

**4 ideas for smarter shopping**

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<tr>
<th>VIDEO</th>
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<td></td>
<td><em>Sound of shopping carts being pulled apart</em></td>
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Angie Murad

In one recent study, customers who ate an apple before shopping purchased more fruits and vegetables.

“*It tended to put them in a frame of mind of more healthier options.*”

**Graphic: Don’t shop on an empty stomach**

Dietitian Angie Murad says it doesn’t have to be an apple, but don’t shop on an empty stomach.

“*Because you will not make smart choices if you are hungry.*”

And don’t shop without a plan.

**Title: Angie Murad Dietitian Mayo Clinic**

“*Because you will not make smart choices if you are hungry.*”

**Graphic: Bring a list**

Bring a list with items for upcoming meals and staples for whipping up last-minute dishes …

Angie Murad

“*… like quick whole grains that cook in a hurry, beans and lentils.*”

Include lean protein sources like this salmon.

Choose frozen fruits to avoid added sugars …

**Graphic: Choose less processed foods**

*Sound of a freezer door opening*

… and plain, frozen vegetables that come without extra sodium.

In short: the less processed the food, the better.

Angie Murad

“You really want to make sure that your purchases are whole foods with simple ingredients.”

And if something is processed, …
Sound of a grocery store scanner beeping

| Graphic: Watch |  
| Calories  |  
| Saturated fat |  
| Sodium |  
| Sugar |  
|  | … keep an eye on important numbers for calories, saturated fat, sodium and sugar.  
|  | For the Mayo Clinic News Network, I’m Jeff Olsen.  