

Mayo Clinic Minute

4 ideas for smarter shopping

VIDEO	AUDIO
	<i>Sound of shopping carts being pulled apart</i>
	In one recent study, customers who ate an apple before shopping purchased more fruits and vegetables.
Angie Murad	"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.
Title: Angie Murad Dietitian Mayo Clinic	"Because you will not make smart choices if you are hungry."
	And don't shop without a plan.
	<i>Sound of a grocery carts wheels</i>
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	<i>Sound of a freezer door opening</i>
	... 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, ...

	<i>Sound of a grocery store scanner beeping</i>
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.