

Patient Information

Top Tips for Smart Shopping

- Plan your shopping, write a list and stick to it. What does the list look like? Full of healthy options or room for improvement?
- Plan to go shopping when you or your children aren't hungry, otherwise too many extras will find their way into the trolley.
- Use food labelling information to check out the healthier options as you go around the aisles.

Guide to food labelling per 100g



- Before you hit the checkout, what does the shopping trolley look like? Have you got the balance right?
- Keep a healthy snack or a fun sized treat in your bag to get you and the kids past the sweets at the checkout. If they refuse this as an alternative, they can't really be hungry.

Budget bargains

- Supermarket own brands and value brands are not necessarily less healthy and can save you money. Use the food labelling information to check them out.
- Eat 'in season' fruit and vegetables and look out for 2 for 1 deals on fruit and vegetables.
- Buy tinned, dried and frozen fruit and vegetables, which are just as good as fresh and won't go off.
- Markets are a great place to save money on fresh fruit and vegetables especially at the end of the day.

- Buy jacket potatoes, tinned potatoes or low fat chunky oven chips rather than waffles, hash browns, fries and potato shapes.
- Aim to buy lean cuts of meat, chicken and fish. If you buy cheaper cuts of meat or meat products like sausages and burgers it will have more fat in it, so drain off the excess fat during cooking and before you add other ingredients.
- Pulses are healthy and cheap and great for adding to casseroles, stews and soups.
- Tinned fish is a cheap healthy option. Use it in sandwiches or on toast.