



# Shopping for groceries tripping you up?



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Beware — there are many downfalls to watch for each time you and your shopping cart careen through the grocery store aisles. What seems like a harmless snack or entrée may be loaded with sugar, fat and calories. Even some products that tout health may conceal hidden health saboteurs.

**When making a food choice**, remember to consider vitamins and minerals as well as serving size and servings per container. Compare the total calories in similar products and choose the lowest calorie ones. You can also reduce the time you spend cooking healthy by using a shopping list and keeping a well-stocked kitchen with a supply of lower calorie basics.

Rise above the pitfalls on your next grocery trip. A big success is in store when you stock up on these grocery cart smarts.

*Source: National Heart, Lung and Blood Institute*

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