



Don't discriminate, shop the whole grocery store

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We've all heard someone give the advice to "only shop the perimeter of the grocery store" to make healthful options. Everyone seems to take this advice or agree to it without hesitation...but have you ever really stopped to think what that means? What food we're buying/ not buying with skipping the center aisles of the grocery store?

Here are common food items/groups that are on the perimeter of the grocery stores I'm familiar with: Baked goods (cookies, doughnuts, sweet rolls...etc), some dairy products, frozen processed meats and meals, ice cream, juice, fresh meat, some fresh produce, pop, candy. Foods that are usually in the center aisles: more produce, whole grains, frozen fruit and vegetables, canned fruit and vegetables, dried and canned beans and peas, canned seafood and meat, salsas & sauces, nut butters, nuts/seeds, frozen seafood, snacks.

If we stuck to mainly the outside aisles, our diet would be pretty limited! We wouldn't be getting all of the nutrients we need for a healthful diet + eating will get boring pretty quick without being able to add sauce to our pasta or peanut butter to our celery! Our grocery bill may go up as well with not being able to take advantage of nutritious-budget friendly foods such as canned beans, canned seafood, and whole grains. As you can also see, both the outside and inside aisles have less-healthy food and can vary from grocery store to grocery store. A set-up of a grocery store isn't necessarily designed with our health and dietary needs in mind.

Instead of basing your food choices solely on their position in the grocery store, I encourage you to go back to the basics. Fill your cart with a variety of fruits, veggies, grains, proteins, dairy, and healthy fats. Fresh, canned, frozen, perimeter or center of the store-they all fit!