



## Take 10 for supermarket survival

- 1. Read the nutrition information panel for the whole story**  
Nutrition claims on food packages can be deceiving. To learn more about how healthy foods are, read the nutrition information panel on the back of the pack. Choose foods lower in energy, lower in total and saturated fat, lower in sugar, lower in sodium and higher in dietary fibre.
- 2. Percent daily intake counters show how food fits into your day**  
Some foods include a percent daily intake counter on the front of the pack. These can be useful to see how a serve of food meets your daily needs for a range of nutrients. These values are based on an average Australian adult so some people may need more or less than this.
- 3. Check the ingredient list to find out more**  
Ingredients on food labels are listed from greatest to least. The percentage of any characterising ingredients, e.g. apple in apple pie is also included. The order of ingredients can help you to work out how much of different ingredients is in the food.
- 4. Stock up on fruit and vegetables**  
Buy lots of fruit and vegetables when shopping. If you find yourself wasting fresh produce, try tinned or frozen varieties but make sure you choose tinned vegetables with less salt and tinned fruit in natural juice.
- 5. Compare prices to get the best deal**  
Unit pricing or price per 100g is relatively new in Australian supermarkets and makes it easy to compare the price of a wide variety of products regardless of the size of packaging.
- 6. Buy the right quantity of food for portion control**  
Work out how much food you need and buy that amount. Buying more than you need may lead to you eating larger servings or wasting food.
- 7. Shop with a list**  
Write a shopping list and stick to it. Wandering through the supermarket without a clear idea of what you need often leads to impulse buying where you buy more food and spend more money than you need to.
- 8. Plan meals to make cooking easy**  
Planning meals at the beginning of the week and adding all the necessary ingredients to your shopping list makes it easy to prepare meals and ensures you always have what you need.
- 9. Shop when you don't feel hungry**  
Going food shopping when you are hungry can result in extra and less nutritious food being thrown into the trolley.
- 10. Get the right support**  
An Accredited Practising Dietitian (APD) is your diet coach – providing you with individual, expert advice to help you achieve your goals. Visit the 'Find an APD' section of the Australia's Healthy Weight Week website at [www.healthyweightweek.com.au](http://www.healthyweightweek.com.au) to find an APD in your area.

*Eat better, feel better, move more* **NOW!**

