



SHOP SMARTER: QUICK TIPS TO SAVE BIG ON GROCERIES

Take a guided tour through the grocery store aisles with expert tips from Registered Dietician Magdeli van Niekerk. Discover how to make nutritious and budget-friendly food choices to build a pantry stocked with healthy essentials.

In the hustle and bustle of life, making healthy choices at the grocery store can feel overwhelming. But fear not, for with a little guidance, you can navigate the aisles with confidence, ensuring that your shopping cart is filled with nutritious and budget-friendly options. We've enlisted the expertise of Magdeli van Niekerk, a Registered Dietician from Dieticians@Health, to unveil a wealth of strategies for smarter shopping and healthier eating.

DECODING FOOD LABELS: UNVEILING THE TRUTH

Understanding what's in your food is key to making informed decisions. Magdeli sheds light on deciphering food labels, emphasising the importance of prioritising ingredients over calorie counts. She advises shoppers to scrutinise the first five ingredients, opting for whole, real foods like oats, brown rice, and quinoa, and avoiding hidden sugars and processed ingredients.

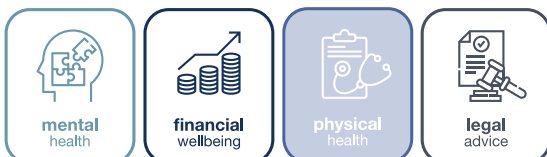
By prioritising simplicity and transparency, you can build a pantry stocked with wholesome essentials.

MAXIMISING VALUE: BUDGET-FRIENDLY STAPLES

Eating well doesn't have to break the bank. Magdeli recommends incorporating budget-friendly staples into your shopping list, such as whole grains like whole wheat bread and barley, lean proteins such as chicken breasts and beans, healthy fats like olive oil and avocados, and plenty of fruits and vegetables. By choosing nutrient-rich options and prioritising seasonal produce, you can nourish your body while staying within budgetary constraints.

NAVIGATING MARKETING TRAPS: SEPARATING FACT FROM FICTION

The front of the package can be a minefield of misleading claims. Magdeli highlights common marketing traps to watch out for, such as vague terms like 'whole grain' and 'natural'. By arming yourself with knowledge and reading labels critically, you can avoid falling prey to deceptive marketing tactics and make truly informed choices.



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NUTRITIONAL GUIDANCE: MAKING INFORMED CHOICES

Magdeli emphasises the importance of understanding nutritional information labels to make informed choices. She advises readers to pay attention to the Percent Daily Value (%DV), noting that while it serves as a general guide, it should be interpreted loosely. By prioritising whole foods and avoiding highly processed products with lengthy ingredient lists, you can ensure your grocery cart is filled with nutrient-rich options.

MINDFUL EATING: CULTIVATING HEALTHY HABITS

In addition to making smart choices at the supermarket, Magdeli underscores the importance of mindful eating. She encourages readers to slow down and savour each bite, paying attention to hunger and fullness cues. By practising mindful eating and tuning into your body's signals, you can foster a healthier relationship with food and cultivate lasting habits that support overall well-being.

Armed with these expert insights, we hope you'll be ready to shop smarter and nourish your body with wholesome, budget-friendly foods.

The information is shared on condition that readers will make their own determination, including seeking advice from a professional. E&OE.



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