
A Guide To
Grocery Shopping



Spire
HEALTH & WELLNESS

Introduction

When trying to eat healthy, grocery shopping can be difficult, confusing, and not to mention expensive! However, it doesn't need to be this way.

In this guide, I will give you some tips and information to help you take control of your grocery shopping so that you save money and make the most of your food. I will show you what you should buy and when to ensure that you're getting the healthiest foods for the best price.

Best of luck shopping!
~ Cassidy

General Tips

Tip #1

When possible, shop at a time when it's not busy (Saturdays), and when you are not hungry. Doing so will ensure that you can get what you need and not spend too much money.

Tip #2

Go with a list. This will ensure that you stick to your budget and only get the things you need, not the things you want.

Tip #3

Be sure to read the ingredients. This is more important than reading the nutrition facts. Healthy looking foods often have hidden preservatives and chemicals that can be harmful.

Tip #4

If a food says "enriched" or "fortified", it's bad for you.

Tip #5

The less ingredients a food has, the better.

General Tips

Tip #6

If a food item has ingredients you can't pronounce or are difficult to pronounce, don't buy it.

Tip #7

Local produce is most often organic. It usually isn't certified because the certification process is too expensive for local farmers.

Shopping In Season

Shopping in season is very important for two main reasons. The first is that foods have the most nutrient value in the season in which they are most ripe. So for example, apples become ripe in the fall and have the most nutrient value when they are ready to be harvested. The best time nutritionally for us to buy apples is therefore in the fall.

The second reason to shop in season is because it's much cheaper. When foods are being harvested, there is often an abundance of those foods so prices are lower. Some foods are grown all over the world – in the northern and southern hemispheres – and are therefore continually in season and relatively cheap. Below is a list of produce items sorted by month they are in season.

Year Round

- Bananas
- Garlic
- Mushrooms
- Onions
- Potatoes

Shopping In Season

January

- Beets
- Brussels sprouts
- Cabbage
- Carrots
- Grapefruit
- Kale
- Oranges (Navel)
- Winter squash

February

- Cabbage
- Grapefruit
- Kale
- Oranges (Navel)
- Winter squash

March

- Grapefruit
- Oranges (Navel and Valencia)

Shopping In Season

April

- Asparagus
- Grapefruit
- Oranges (Navel and Valencia)
- Rhubarb

May

- Asparagus
- Grapefruit
- Kale
- Lettuce
- Oranges (Navel and Valencia)
- Rhubarb
- Spinach

June

- Apricots
- Asparagus
- Avocados
- Beets
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Cherries
- Kale
- Lettuce
- Peas
- Oranges (Valencia)
- Raspberries
- Rhubarb
- Spinach
- Strawberries
- Summer squash

Shopping In Season

July

- Apricots
- Avocados
- Beets
- Blackberries
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Cherries
- Cucumbers
- Green Beans
- Kale
- Lettuce
- Nectarines
- Oranges (Valencia)
- Peaches
- Peas
- Raspberries
- Spinach
- Strawberries
- Summer squash
- Tomatoes

August

- Apples
- Avocados
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chilis
- Corn
- Cucumbers
- Eggplant
- Grapes
- Green Beans
- Kale
- Lettuce
- Melons
- Nectarines
- Oranges (Valencia)
- Peaches
- Pears
- Plums
- Raspberries
- Spinach
- Summer squash
- Tomatoes
- Watermelon

Shopping In Season

September

- Apples
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chilis
- Corn
- Eggplant
- Grapes
- Green Beans
- Kale
- Kiwi
- Lettuce
- Melons
- Pears
- Plums
- Spinach
- Summer squash
- Tomatoes
- Watermelon
- Winter squash

October

- Apples
- Beets
- Bell Peppers
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Chilis
- Corn
- Eggplant
- Grapes
- Kale
- Kiwi
- Lettuce
- Melon
- Pears
- Pumpkin
- Spinach
- Summer squash
- Tomatoes
- Winter squash

Shopping In Season

November

- Apples
- Beets
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Eggplant
- Kale
- Kiwi
- Lettuce
- Pears
- Pumpkin
- Spinach
- Winter squash

December

- Beets
- Brussels sprouts
- Cabbage
- Carrots
- Grapefruit
- Kale
- Oranges (Navel)
- Spinach
- Winter squash

Shopping The Rainbow

Color	Phytonutrients	Examples	What It Does
Red	Anthocyanins Lycopene	Beets Red Pepper Radicchio Rhubarb Radishes Tomatoes Apples Strawberries Cherries Pomegranate	<ul style="list-style-type: none"> Keeps urinary tracts healthy Maintains a healthy heart Boosts memory Lowers risk of cancer
Yellow/ Orange	Bioflavonoids Carotenoids Vitamin C	Butternut-Squash Sweet-potatoes Carrots Summer-squash Pumpkin Sweet Corn Banana Papaya Oranges Mango	<ul style="list-style-type: none"> Keeps immune system strong Supports eye function and health Lowers risk of cancer Lowers risk of heart disease
Green	Calcium Indoles Iron Lutein Magnesium	Artichokes Green-peppers Arugula Leafy greens Asparagus Okra Broccoli Peas Brussels Sprouts Spinach Celery Zucchini Cucumbers Apples Green Beans Green grapes	<ul style="list-style-type: none"> Supports eye function and health Lowers risk of cancer Maintains strong bones and teeth

Shopping The Rainbow

Color	Phytonutrients	Examples	What It Does
Blue/ Purple	Anthocyanins Phenolics	Eggplant Cabbage Grapes Blueberries Peppers Potatoes Red cabbage Red onion Blackberries	<ul style="list-style-type: none"> • Lower risk of cancers • Good for urinary tract health • Improves memory function • Helps to fight effects of aging
White / Tan / Brown	Allicin	Cauliflower Jicama Mushrooms Onions Parsnips Potatoes White Corn Guava Lychee	<ul style="list-style-type: none"> • Promotes heart health • Lowers risk for cancer

Clean Fifteen

Each year the Environment Working Group (EWG) releases a shoppers guide to pesticides found in common produce items. Their report details which items contain the highest concentration of chemicals and pesticides. They have categorized the 15 foods with either very little or no pesticides as the "Clean Fifteen". These foods can be eaten conventional and do not need to be bought organic.

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Eggplant
- Grapefruit
- Kiwi Fruit
- Mango
- Onions
- Pineapples
- Sweet Corn
- Sweet Onions
- Sweet Peas
- Sweet Potatoes
- Watermelon

Dirty Dozen

The “Dirty Dozen” is a list of the foods that have the highest concentration of pesticides and should be bought organic whenever possible.

- Apples
- Cherries
- Celery
- Domestic Blueberries
- Imported Grapes
- Lettuce
- Nectarines
- Peaches
- Potatoes
- Spinach, Kale, and Collard Greens
- Strawberries
- Sweet Bell Peppers

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