

# **HEALTHY GROCERY SHOPPING**

## **THE 5-4-3-2-1 GROCERY SHOPPING METHOD**

### **5 Fruits & Vegetables**

Fresh, frozen, or canned all count. Aim for a mix of colors and textures. Examples include apples, berries, carrots, cucumbers, broccoli, and frozen vegetables.

### **4 Carbohydrate Foods**

Everyday energy foods that help kids and adults feel satisfied. Examples include rice, pasta, potatoes, bread, tortillas, oats, and cereal.

### **3 Protein Foods**

Foods that support growth, fullness, and muscle health. Choose from chicken, fish, eggs, beans, lentils, yogurt, or tofu.

### **2 Healthy Fats**

Add flavor and satisfaction to meals. Examples include olive oil, avocado, nuts, seeds, and nut butters.

### **1 Fun Food**

Included on purpose. Cookies, chocolate, chips, or another favorite food. Including fun foods helps reduce restriction and food battles.

### **Why this works!!**

The 5-4-3-2-1 method encourages balance, flexibility, and satisfaction while making grocery shopping quicker and easier for families.