

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.