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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Healthy Eating Shopping List

By Kathryn Whittaker

Healthy eating starts with careful planning and organization. Since fresh produce has a very limited shelf life, regular grocery shopping is a must. Creating a menu for the week and writing out a shopping list will save you time and money; while helping you stick to healthy recipes. Local health food stores and farmer markets are very money-wise solutions. Plus, frequent visits will allow you expand your culinary horizons as well as mingle with other health-concerned people.

Healthy eating means using fresh ingredients and gentle cooking methods without adding any artificial ingredients and fats. Healthy eating requires a lot of cooking, since take-out food often contains too many refined fats and artificial seasonings. However, with modern appliances you will discover that cooking is no longer an annoying chore reserved for special occasions, but an exciting part of everyday life.

So which products should we buy when we actually decide to begin eating healthy food? Here's what your weekly shopping list should include.

Vegetables. All vegetables should be eaten young, when they are tender and not coarse. Vegetables are best bought from fresh food markets or seasonal, when they are sold in boxes or baskets. Supermarket vegetables are often genetically modified or have been picked green and ripened in boxes when traveling long distances. Sprouts and brightly colored vegetables contain the most vitamins and antioxidants.

Fruits. Again, the trick is to buy seasonal fruit, since exotic fruits have often traveled long distances and ripened in their boxes, not on trees. Local, naturally ripened or, better yet, organic fruit are the best choice for the health-conscious cook.

Herbs. Aromatic herbs and spices can be used fresh or dried. The best idea is to plant the aromatic herbs in pots on your window and use them fresh whenever you need them. To preserve flavor, you can buy spices whole and use them freshly ground.

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Cheese. Although cheese is quite rich in fats, cheese is a great source of vitamins and minerals. Buy only fresh cheeses in small quantities and try to eat them at once, since gourmet cheeses don't have a lengthy shelf life.

Eggs. Buy only organic or free-range eggs, and shake them before buying to ensure freshness.

Fish and shellfish. The best way to buy fish is fresh and unfrozen. Again, most of the fish in supermarkets comes from fish farms where it is fed with artificial substances, and this fish cannot be used in healthy recipes. Pink salmon and other popular kinds of fish will most likely come from a fish farm. Shellfish is a more healthy choice, since shrimp, for example, does not live in chemically polluted water. When you boil mussels, discard those that do not open.

Meat. For truly healthy eating purposes it's better to skip meat entirely, since it's almost impossible to find meat that comes from an environmentally and health conscious farmer. Most of the meat in supermarkets has enormous quantities of growth hormones and antibiotics. The best meat for use in

healthy recipes comes from small farming communities or organic farms.

Grains. Whole wheat and whole grains should become a staple of your healthy eating routine, because many healthy ingredients are contained in the grain shell. Rice is the only exclusion from the rule, because, even though the rice grain shell is removed, many nutritional elements still remain in the rice grain.

What we eat become a part of us. So make your kitchen a starting point for your new healthy eating habits, and enjoy preparing healthy meals.

Kathryn Whittaker writes articles on a number of different topics. For more information on living a Healthy Lifestyle please visit

<http://www.healthy-lifestyle-guide.com/>

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Grocery Shopping The Healthy Menu Mailer Way

By Susanne Myers

I have to admit, grocery shopping isn't exactly one of my favorite things to do. In case you can't "hear"

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the sarcasm in my voice, let me tell you that I'd rather be doing just about anything other than grocery shopping. I tried delegating it to my husband, but we usually end up eating peanut butter and jelly sandwiches and potato chips when I do that. Since I can't avoid grocery shopping, I found a few things that make it a more pleasant and most importantly a faster process. I'd like to share my grocery shopping tips with you.

1) Make a shopping list and stick to it. Making a list and sticking to it will keep you from buying too much junk. Not only will it encourage you and your family to stick to the new healthy eating lifestyle, it will also save you some money on your grocery bill.

Please apply common sense to this though. If you remember that you forgot to put your baby's diapers on the list, by all means get them. On the other hand, if you feel tempted to get the new chocolate pie because there is a two for one sale, skip it. You get the idea.

2) Eat a snack before you go grocery shopping. Never go grocery shopping while you are hungry. You'll be much more tempted to buy junk food and already prepared meals. You'll also end up buying much more than you really need. Either go shopping right after a meal, or eat a small snack before you go. Even eating a piece of fruit and drinking a glass of water will keep you from feeling hungry while you are in the store.

3) Avoid the aisles with the chips, snacks and candy. Don't tempt yourself by going down the "junk food" aisles. You're only human and the candy and snack manufacturers put a lot of money into making their products as tempting and appealing as possible. The easiest way to avoid having those items land in your cart is to skip the aisles entirely. 4) Buy fresh meat and produce whenever possible. Buy your meat and produce fresh whenever possible. You'll get the most nutritional bang for your buck that way. If there is something you either can't find fresh, or it just doesn't look good, go with a frozen version. The only exception to this is tomatoes, especially if you are going to cook them anyway. Tomatoes lose their nutritional value quickly after they are picked. If you are making tomato sauce or are using them in a stew or soup, just stick with canned tomatoes. They are canned immediately after they are picked and contain more nutrients than a batch that has been sitting in a truck for days.

5) Write your grocery list with your supermarket in mind. You will make your shopping trip much easier and faster if you keep the layout of your market in mind when you write your shopping list. Think about the departments and aisles you go through first and put those items on your list. Mentally make your way through the rest of the store adding your items to your list as you go. You'll avoid backtracking for an item further down on your list once you are in the store.

6) Clean veggies and herbs. Unpack and clean your vegetables and herbs as soon as you get back from the store. Loosely wrap them in some paper towels and stick them in a Ziploc bag. They'll be ready to use when your recipes call for them.

7) To freeze or not to freeze? Portion your meat out depending on how much each recipe calls for.

Keep what you will be using over the next two days in the fridge and freeze the rest. With hamburger

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meat, you may want to freeze any portions you are not using the day you bought them.

You'll see that by implementing even just a few of these tips, your shopping experience will be more pleasant and most importantly more efficient. You'll spend less time in the supermarket and more time enjoying your family.

Susanne Myers together with Christine Steendahl, owns and publishes the Healthy Menu Mailer. Each week, we provide you with 7 dinner recipes. Sign up for a free sample menu at

<http://www.healthymenmailer.com/sample-newsletter-signup.html>



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