



Shopping at the Corner Store or *La Tiendita*

As you walk into the local corner store or Tiendita, you see and smell foods you and your family enjoy eating like tortillas, pan dulce, sodas, tacos, and candy. There may be a restaurant where you can buy menudo, caldos, picadillo, chile rellenos, etc. These foods are delicious and tempting, but usually contain high amounts of fat, sugar, and sodium that can lead to health problems like high cholesterol, hypertension, heart disease, and type 2 diabetes. You can lower your risk or prevent these health conditions by paying attention to what you eat.

The good news is eating healthy does not have to be expensive. These five tips can help you shop for healthy foods and save you money:



- 1. Plan ahead!** Make a list of the foods you plan to eat for each day of the week. First, choose a main meat or protein, and then add vegetables and fruits to complete your meal.
- 2. Substitute where you can!** Think of foods you could change or replace that cost less, like buying corn *tortillas* or lettuce instead of flour *tortillas*.
- 3. Stick to your plan!** Only buy the items on your list. Stay in the aisles where you find fresh foods at the store to help you focus on healthy choices.
- 4. Eat before you shop!** You have less temptation and cravings for junk food or prepared meals when you are not hungry.
- 5. Cook at home!** Home cooking is less expensive than eating out and you have leftovers for the next day.

Choose the healthy option with help from this list:

Item you Might Want:	Better Option:	Best Option:
Beef/Pork/ <i>Barbacoa</i>	Chicken	Fish
White Rice	Brown Rice	Quinoa
Potatoes	Sweet Potatoes	Green Plantains
Flour Tortillas	Corn Tortillas	Jicama Tortillas/Lettuce leaves
Pinto Beans	Black Beans	Lentils
Chorizo/ Bacon	Turkey sausage/bacon	Lean Ham
White bread	Wheat bread	Whole grain bread
Pasta	Wheat/Whole grain pasta	Vegetable pasta
Vegetable/Corn Oil	Canola Oil	Olive Oil
Soda/Juice	<i>Aguas frescas</i> /Unsweet tea	Water/Infused water
Whole Milk	Low-fat Milk	Skim Milk
Butter	Fat free/light sour cream	Avocado

Save money while you shop!

- **Only buy items you plan to use.** Stick to your plan when shopping and save money by not buying foods you do not need that eventually go to waste.
- **Buy bulk foods like nuts, seeds, herbs, bean, grains, and rice.** Save money by only buying the amount you need.
- **Buy foods that are in season.** When you buy in season, prices are lower. You can also freeze fresh produce to make it last longer.
- **Buy foods that are on sale.** Take advantage of the foods on sale to help you cut costs.
- **Use coupons.** Not only will you save money, you can also buy more.
- **Buy generic items.** Generic brands are just as good and cost a lot less.

Now you are ready to shop for healthy foods and save money at the same time!

As you take steps to a healthier you, talk with your doctor to find out if you are at risk for prediabetes or take a 1-min online test at www.cdc.gov/prediabetes/takethetest. If you find you are at risk, ask to get a blood sugar test done for type 2 diabetes. You can also call the CDC at 1-800-CDC-INFO (800-232-4636) for more information about preventing or delaying diabetes.