



Valley Area
Agency On Aging
*Answers, Action, & Advocacy
for
All Things Senior!*



Healthy Grocery Shopping Tips for Seniors

Staying on track with your budget and dietary goals requires careful planning. Here are a few suggestions to make that a little easier:

#1 Make a List



A list can be essential for an older adult. Arranging the list by departments can ensure the older adult gets through the store as efficiently as possible. Healthy staples for your kitchen include:

- **Milk: Fat-Free or Low-Fat**
- **Eggs and Lowfat Yogurt**
- **Bread: Whole Grain varieties; Low-Sodium crackers**
- **Oatmeal, Rice and Pasta**
- **Fresh or Frozen vegetables and Fruits**
- **Canned Vegetables (Low Sodium); canned fruits in natural juice**
- **Lean Proteins: Chicken, Beef, Fish, Pork, Canned Tuna**
- **Beans and Legumes**
- **Nuts and Seeds**
- **Healthy Fats: Plant-based Margarine and Butter, Canola or Olive Oil**



#2 Stick to the Store Perimeter

Stores are usually set up with the healthiest foods around the perimeter of the store, like produce, meats, and dairy. Older adults should try to spend the most time and money there. The inner aisles are where the processed foods and junk foods are shelved.

#3 Stock up on Healthy Frozen Foods

Healthy frozen meal options are available with less than 600 milligrams of sodium. Frozen vegetables and fruits are an asset for a quick side dish or completing a favorite recipe. Some healthy suggestions include:

- **Frozen Dinners**
(check the label for sodium content)
- **Frozen Vegetables and Fruits**
- **Frozen Fish Fillets, Beef cuts and Chicken**

