

Heart Wise Dollar Smart

Choosing Heart Healthy foods on a budget takes a few simple steps.

Money Saving Shopping Tips:

- Use the weekly store circular to find specials.
- Compare prices with other supermarket advertisements.
- Use mail, newspaper, or online coupons.
- Become a store club member for additional savings.
- Buy produce from a local stand or Farmer's Market.
- Purchase reusable grocery bags to receive money back.
- Stick to your grocery list.
- Eat before you shop to avoid impulse buying.
- Shop around the perimeter of the store for fresh & healthy foods.
- Read nutrition labels & ingredient lists.
- Take advantage of buy-one-get-one free.
- At checkout, watch scanners carefully.
- Buy produce that is in season.
- Choose lean cuts of meat, poultry & fish
- Schedule a routine time for shopping.

Shop Smart for your Heart: These items may lower your risk of developing heart disease.

- Lower *Blood Pressure* by limiting prepared or processed foods that tend to be high in sodium.
- Look for food labels that read "Low Sodium."
- Low Sodium is defined as 140 mg or less/serving of sodium.
- Limit trans-fat items by cutting back on baked goods & snack foods, as these items raise "bad" LDL cholesterol.
- Use low-fat dairy products.



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