

## Shopping tips fact sheet

### Shop smart - be prepared!

- Make a list of what you need before you shop and stick to it - avoid impulse buying.
- Don't go shopping when you're hungry!
- Shop more frequently for fresh foods, especially fruit and vegetables.
- Try a different supermarket sometimes to compare price and quality.
- If buying in bulk, be sure the food is of good quality and will keep well.
- Check out supermarket specials to save money, but beware of buying things you might not really need just because they're on special!
- Always check the food labels on packaged products to check the nutritional information, fat and sugar content.

### Check out the claims on the food label

If a product claims 'all natural', 'light'/'lite', 'fat-free', 'reduced fat', 'no-added sugar', 'unsweetened', 'diet', 'low-joule', 'baked not fried', check the label and compare the total kilojoules per 100 grams to standard products, as low-fat products may have more sugar and more kilojoules or vice-versa.