

Ten Buying Tips to Better Weight Management

1. Plan a weekly menu and construct a shopping list before going to the supermarket. This will avoid temptation to purchase unnecessary tidbits and food items that are on sale.
2. Have a scheduled day for groceries shopping. This habit may prevent you from overbuying on different days and provide additional time that can be used for physical activities.
3. Refrain from shopping for food on an empty stomach. This may help prevent you from shopping for high energy snack items on impulse.
4. Avoid the confectionery, snacks and drinks aisles in the supermarket.
5. Do not stock up on ready-to-eat and 3-in-1 food items. Most of them are usually high in fat and sugar, and low in fibre content.
6. Only carry the amount of cash needed for foods on your shopping list. You are less likely to have spares for the "extras".
7. Fill up your shopping trolley or bag with more fresh fruit and vegetables.
8. If you are a busy working adult who normally gets takeaways, buy frozen vegetables or fruit. They are as nutritious as fresh produces. Use them to increase the fibre content of your meal.
9. Be an informed shopper. Read the food labels and check the Nutrition Information Panel and ingredient listing. Choose food products bearing the Healthier Choice Symbol.
10. When eating out in food centres, look out for the Health Promotion Board's "Ask for" decals. For example, "Ask for More Vegetables", "Ask for Less Sugar", "Ask for Less Gravy", etc.

Please contact KTPH Dietitian at 6602 2420 or YCH Dietitian at 6807 8584 if you have any nutrition related question.

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