

Changes You Need To Make To Your Food Shopping

This post was contributed.

Are you shopping for healthy eating?

Once a week, we wander the supermarket filling our shopping carts with what we think will be good for a healthy and balanced diet, with the odd treat or two piled in. But are you actually doing your shopping right? Are you feeding your family [the foods](#) they actually need? Well, the chances are high that you're doing it wrong. Yep. People either don't want to eat healthy, or have a misconception of what actually eating healthy is. We're here to clear a few things up and transform your weekly food shopping for the better. Read on to



find out more.

Processed Foods

A lot of the foods we buy in the store are processed. Chips, chocolate, ready meals etc. Yes, they might be an easy thing that your family loves, but they have no [culinary nutrition](#)

whatsoever. In fact, apart from being the tasty treat you're used to, they're often actually harming your body. Processed foods are high in fat, which over time will clog up the arteries of your heart. They have high levels of salt, which in turn raises blood pressure, as well as cholesterol levels. Not to mention the various different chemicals and preservatives that are pumped through them to give them the long shelf life that they have. The list really could go on with processed foods. Just because they're easy to cook, please don't fill your diet with them. There's so many healthy, really tasty alternatives that you can choose from.



White For Brown

White bread and pasta isn't the best for you. It is full of carbohydrates that can make you put on weight quickly. But, we all know that white bread is so much tastier than brown... isn't it? Well, if you actually give it a go, it isn't as bad you might think. A lot of people view [brown](#) as more healthy, therefore they avoid it. But a fresh brown, whole wheat bread sandwich is something that is hard to beat. The levels of carbs it contains are lower, and the carbs it does contain are

better for you. It is the exact same with brown pasta and rice as well, and it is really easy to cook with. There is a slight taste difference that some people can't get used to, but the more you try it, the more it grows on you. To start off, try a tasty spaghetti bolognese!

Healthy Treats

As we said, it is easy enough to fill your children's lunch boxes with chocolate and chips, just because it is easier. Well, is it? We don't think so. All you have to do is put a little banana or orange inside and take out the chips. You're then reducing the chances of them falling under the childhood obesity statistic, as well as encouraging a healthy diet from a young age. This applies for you as well. Rather than snacking on a cookie or two while you read your magazines, swap it for a health granola bar. It'll help to keep your cholesterol and sugar levels down within the body.



It's not that hard – just give it a try. Your body will thank you.