

## shopping tips

### Asthma

When it comes to grocery shopping, our registered dietitians recommend a few helpful tips. Try some of the following suggestions to create a smoother shopping experience.



#### At The Store:

- Grocery shop during times when energy levels are higher. First thing in the morning is when most people have the highest energy levels or after a nap.
- Ask a friend or family member to join you to lend a hand or carry groceries.
- Try using a motorized cart on days when you're feeling especially fatigued.
- Bring the "Reading A Food Label" handout to the store to make reading food labels easier.
- Be careful of tricky ingredients, like salt and sugar. These ingredients can go by many different names so check the food label for the percent daily value (%DV). Aim to have the %DV less than 5% for added sugars and sodium.
- Eating a heart-healthy diet is important for those with asthma. To make heart-healthy selections easier look for the *Heart-Check Mark* on food packages. (shown below)



#### At Home:

- Try tracking your food intake and symptoms with the "Food and Symptom Tracker". This will help you better identify which foods may be triggering asthma flares and you should avoid buying.
- Use the "Asthma Shopping List" and "One Week Meal Plan" to help you stay organized and prepared.
- Look for on sale foods, coupons or store discount offers to keep more money in your wallet.
- Shop online to save time and energy. Many grocery stores have in-store pickup or home delivery options available.