

## shopping tips

### Lupus

Below are a few simple suggestions to create a smoother grocery shopping experience.



#### At The Store: Shopping Tips

- Take 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.
- When purchasing grain foods, look for the word whole in the first ingredient on the ingredient list. This ensures that the product is a whole grain food.
- Eating a heart-healthy diet is important for those with lupus. To make heart-healthy selections easier, look for the *Heart Check-mark* on food packages.
- Bring a trusted friend or relative with you to lend a hand with shopping and help carry the groceries.
- If feeling particularly fatigued, utilize the availability of motorized carts.
- Ask for assistance when reaching items on top shelves, or if items are too heavy to pick up.
- Look for pre-washed or pre-cut fruits and vegetables to minimize food preparation.
- Purchase frozen fruit, vegetables, or grains for added convenience.
- Ask for assistance for carrying groceries to the car and loading the car. Most stores offer services to assist customers.
- Bring a cooler or cooler bag to keep frozen and refrigerated items cold on the drive home.
- Use a cooler with wheels to minimize pain when transporting groceries from the car to the house.



#### At Home: Shopping Tips

- Use the “Lupus Shopping List” and recipes from A Healthier You to plan meals and snacks for the week.
- Look for food promotions, 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 at-home delivery options available.
- If planning on leaving the house, take proper precautions in the sun. Wear UV-resistant clothing, always carry a hat, and apply a sunscreen with an SPF of at least 70 and broad spectrum coverage for both UVA and UVB protection.