

Food shopping tips for healthy eating

- Make a **shopping list** – plan in advance what you intend to prepare for every meal.
- **Avoid food shopping when you are hungry** as you will be likely to buy more food than required.
- **Choose fresh or frozen fruit and vegetables**
- Choose food items with **the Healthier Choice Symbol (HCS)** – these are healthier options compared to others in its category. Even if it's a healthier option, do eat it in moderation.
- **Reduce intake of pre-packaged beverages with Nutri-Grade mark C and D.** All pre-packaged beverages are graded from A to D (from healthiest to least healthy), based on their sugar and saturated fat contents. Look out instead for pre-packaged beverages with Nutri-Grade mark A and B or with the HCS logo.

For more information on Nutri-Grade mark, see <https://go.gov.sg/nutri-grade>.

