



FLT Shopping— the **healthy** way!

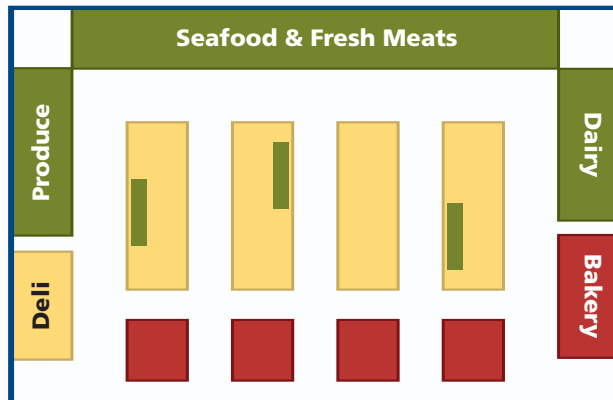
FLT friendly foods are primarily on the store's perimeter.

Find the Best, Avoid the Rest

Supermarkets are designed with all the fresh and refrigerated goods on the perimeter of the store for a reason—you'll have to pass by all the pre-packaged foods in between.

FLT friendly foods are primarily on the perimeter (except dried beans, oils, etc.), while packaged and processed foods are likely to be in the center aisles. And candy, refrigerated sodas, and snacks are usually near the check stand for impulse and hunger-driven purchases.

So remember to shop primarily around the perimeter of the store—entering the center aisles solely for items on your shopping list.



Supermarket Layout

- Safe:** Fresh foods around the perimeter; some select goods in aisles
- Caution:** Deli; packaged & processed foods in center
- Danger:** Bakery; candy bars & snack foods at check stand