

# Temptation Aisle

Grocery shopping doesn't have to be an exercise in self-control. These six tips will have you filling your cart with crudité's instead of cookies.

By April Chapman Thomas



**W**e've all done it, whether we want to admit it or not. We've all gone to the grocery store with every intention of buying one or two items, or even the groceries for the week, and staying away from that tempting cookie aisle or the sweet smelling bakery. But once we are inside the store, something happens and sometimes, it seems like we lose all control. Next thing we know, we are paying for three packages of cookies and a cupcake from the bakery.

Susan John, CEO of Susan's Healthy Gourmet ([www.susanshealthygourmet.com](http://www.susanshealthygourmet.com)) in Southern Calif., offers some out-of-the-box ideas for those grocery store warriors, who have eaten before shopping, left the children at home, and make a list, but still end up with a goody ... or two ... or 10.

**1. Skip the cracker aisle all together.** Many crackers average 15 to

20 calories each! So, for every cracker you skip you're saving two to three minutes of cardio that you'd have to add to your workout routine to burn those calories. Instead, load up on carrots, celery and a variety of colorful peppers to snack on.

**2. Stop buying boxed rice and noodle side-dish mixes.** These items tend to be very high-calorie and high-fat. Instead, purchase some fresh pasta or an interesting wild-rice blend to accompany your main course.

**3. Try shopping for your paper products first.** Your basket will be so full of non-edibles (like Kleenex, Q-tips, paper towels, napkins) that you will only be able to squeeze in the things you really need — like that pound of ground turkey or a box of Boca burgers.

**4. Shop the rainbow.** Force yourself to pick a fruit and veggie of each of the colors of the rainbow (red, orange, yellow, green, blue, purple) before heading for the processed and boxed foods sections of the market.

**5. Shop the perimeter of the market.** The edges of the store are where you find the really good-for-you-foods: fresh vegetables and fruits, fresh lean meats, non-fat milk and yogurt, and bulk grains and rices.

**6. Allow yourself one treat.** You don't have to completely avoid the aisles of temptation. Johnson suggests allowing yourself only one "treat item" in your basket. Think ahead about what you've been craving, and know before you go into the market what your little indulgence will be. ■