

# HEALTHY GROCERY SHOPPING GUIDE

## Fruits & Veggies Edition

Take back control of your health



# FRUITS & VEGG IES

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Choosing the right foods while on your journey toward developing a healthy lifestyle of wellness, is critical. If you want to focus on looking and feeling better every day, regardless of your current health circumstances, you can take control of your life.

With so many diet program options out there, how do you choose what's right for you?

I can help. I created the **"Healthy Grocery Shopping Guide: Fruits & Veggies Edition"** to help make it easier for you to choose healthy food every time you visit the grocery store.

Fruits and vegetables are rich in nutrients, natural fiber, essential vitamins, potassium, and so much more. They can help keep our organs healthy, prevent certain diseases, reduce inflammation, lower blood sugar, and provide a host of other health benefits.

By following this guide, you'll be able to easily know what foods to begin adding to your normal diet. So let's dig in!

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## #1: CHOOSE WHOLE FOODS

Shop for fruits and vegetables that have not been processed, or that have been minimally processed. For example, choose oranges over orange juice; tomatoes versus a jar of tomato sauce. Beware of fruit cups, like peaches and mandarin oranges that are sitting in sugary syrup.

## #2: SHOP BY COLOR

Don't leave the grocery store without choosing foods based on this recommended color guide. As a rule of thumb, start by selecting your favorite whole fruits and vegetables that are **GREEN**, **YELLOW**, and **RED**. To remember, think of a traffic light. So choose at least one leafy green veggie and one green fruit, like spinach and green apples. Do the same for yellow and red food items.



## #3: SHOP BY VARIETY

Add a variety of other foods and healthy snacks of different colors, such as unsalted nuts, blueberries, carrots, black beans, and many others. Don't be afraid to switch things up based on your nutritional needs. For example, if you want to lower cholesterol, regulate your blood sugar, or lower your blood pressure, mushrooms may be a good option. They come in different colors and flavors. Overall, having various kinds of fruit and veggies gives you the opportunity to enjoy foods you like, while giving your body essential nutrients.

# WEEKLY GROCERY LIST



## GREEN



FRUIT	VEGETABLES
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<input type="checkbox"/>	<input type="checkbox"/>



## YELLOW



FRUIT	VEGETABLES
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<input type="checkbox"/>	<input type="checkbox"/>



## RED



FRUIT	VEGETABLES
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# DO NOT BUY LIST

Create a list of unhealthy foods that you are committed to NOT buying, or at least limiting for now. This list should include items that you normally buy out of habit, like junk food, candy, chips, ice cream, cookies, cakes, pies, canned fruit, etc.

Also think of some processed fruit and vegetable drinks that should be eliminated. Pay attention to the ones with high sugar content.

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# ABOUT OSCAR CAMEJO

My name is Oscar Camejo, and my goal is to help diabetics make lifestyle changes to reverse Type 2 Diabetes. Why? Because I know through my own firsthand experience that it can be done.

In August 2020, I was hospitalized and learned that I had developed Type 2 Diabetes. I was 268 pounds, overweight, stressed out, always fatigued, and struggling with food cravings, especially sweets. When I was first diagnosed, I was nervous about my health and future.

I eventually turned things around, and was able to not only drop over 80 pounds since then, I also reversed Type 2 Diabetes! And now, I'm off medications.

Today, I live a focused, fit lifestyle, and I feel alive!

It was clear that in my situation, changing my self-perception and losing weight played a major role in reversing Type 2 Diabetes. I'm glad that I transformed my lifestyle. It wasn't easy, but I did it! So can you.

As the creator and host of **The Beating Diabetes Lifestyle Podcast**, I'm able to inspire others to make lifestyle changes that last.

To learn more about **The Beating Diabetes Lifestyle**, join our community, and have access to free resources, visit [BeatingDiabetesLifestyle.com](https://BeatingDiabetesLifestyle.com).

Let's beat diabetes!



LET'S  
CONNECT



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This guide is intended for motivational and educational purposes only.

It is not a substitute for professional care by a physician or other healthcare professional, registered dietitian, or nutritionist.

This information is provided on the understanding that it does not constitute medical or professional advice or services.

If you're looking for medical guidance on your journey, seek a qualified medical practitioner. It's important that you utilize someone who is a trained, licensed healthcare professional to help you on your journey toward good health.