

8 BETTER-FOR-YOU GROCERY STAPLES

What to look for when buying the most popular grocery staples.

NUT BUTTER

Look for nut butters with simple ingredients (i.e., peanuts, salt). Make sure they don't contain processed seed oils. These nut butters will need to be stirred.



BREAD

Look for breads with very limited ingredients. Sourdough and gluten-free varieties are best.



Look for options with very low sugar and no sugar alcohols.



FIZZY DRINKS

Look for chips with limited ingredients and no seed oils.



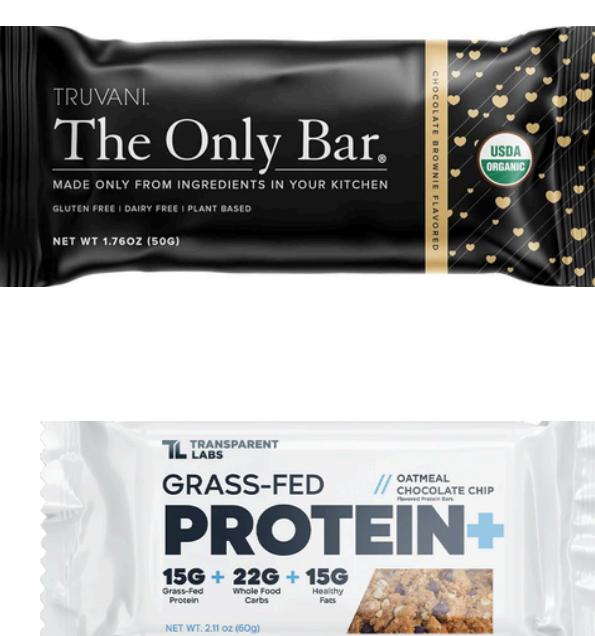
PASTA

Look for very limited, simple ingredients with no additives. Organic options are best due to pesticides.



PROTEIN BARS

Look for bars with simple ingredients, no additives that are high in protein and low in added sugar.



DAIRY

Look for organic milks. If non-dairy, make sure there are no seed oils or additives.



Look for simple ingredients, no seed oils, and no preservatives.



CONDIMENTS

