

EAT THIS NOT THAT

Supermarket Survival Guide

Master Your Supermarket



- Rule 1: Work the edges
- Rule 2: Look high and low
- Rule 3: Learn the lingo
- Rule 4: Fewer ingredients means healthier food
- Rule 5: Watch the totem pole

Worst Cookie

- ❑ Pillsbury Big Deluxe Classics White Chunk Macadamia Nut
- ❑ Fat Equivalent: 5 “fun size 3 Musketeers bars
- ❑ Eat this instead: Toll House Chocolate chip cookie dough



Worst Candy

- Twix (280 cal/27g sugars/11g sat fat)
- Saturated Fat
Equivalent: 11 strips of bacon
- Eat this instead: 100 Grand



Worst Ice Cream

- Häagen-Dazs Chocolate Peanut Butter (1/2c)- 360c/24g sugars/11g saturated fat)
- Fat Equivalent: 1 McDonald's Double Cheeseburger
- Eat this instead: Edy's Slow Turned Peanut Butter Cup



Worst Frozen Treat

Toll House Ice Cream Chocolate Chip Cookie Sandwich

- ❑ (520c/9g sat fat/44g sugars)
- ❑ Calorie Equivalent: 2 slices of hand-tossed pepperoni pizza from Pizza hut
- ❑ Eat this instead: Skinny Cow low fat Vanilla Ice Cream Sandwich



COOKIES

Eat This!



Not That!



Snack Cakes

Eat This!



Not That!



Cake Mixes

Eat This!



Not That!



Chocolate Candy

Eat This!

- Hershey's Take 5
- Reese's
- Raisinets
- 100 grand

Not That!

- Snickers
- Peanut M&Ms
- Twix PB
- Butterfinger
- Hershey's Milk Chocolate bar

Sorbet

Eat This!



Not That!



Frozen Pies

Eat This!



Not That!

