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## **Rethinking How You Shop**

Depending on where you live and what you usually eat during the week, your shopping trips may have become stressful and full of anxiety. First off, I want you to know that you are not alone, this stress and anxiety is hitting everyone. Any disruption to our usual routine is stressful. For many people, stressful situations may cause them to be stuck and unable to see alternative ways to reaching to their goal. In this article, I will try to help you ‘rethink’ your shopping trip.

First, consider all your options for places to shop in your area. Often, your ‘go to’ store is the regular store for many others as well. If you have other options in your area, it might be worth seeing what other stores have in stock. Occasionally, smaller, locally owned stores will have the item you are looking for when the larger stores are out.

Secondly, rethink your meal, particularly your protein. Recently, we’re hearing stories about the high price of meat. Until prices return to normal, consider other sources of protein that have not seen as much of a price increase. This includes animal proteins like dairy, eggs, poultry, and seafood. It also includes non-animal proteins like beans, nuts, and peas. [ChooseMyPlate.gov](https://www.choosemyplate.gov) even has a protein in foods table. It shows the amount you need of different foods to get the same protein. Generally, 1 oz. of meat, fish, or poultry = 1/4 cup of cooked beans = 1 egg = 1 tablespoon of peanut butter = 1/2 oz. of nuts or seeds. These are some other sources of protein that might be more affordable.

Along with rethinking what your meal might look like, you can rethink the way you go about making your meal. Keep in mind a serving of lean meat (beef, fish, poultry, shellfish) is 3 oz. Additionally, you can try combining types of protein. By combining meat and meatless protein sources, you can have the taste of meat and not have to spend as much to meet your protein needs. For example, you could have a beef and black bean burger. This way you still get the taste of beef and plenty of protein without paying for the whole amount of beef.

While shopping, keep in mind that fresh, frozen, or canned all are good sources of food. Canned tuna and chicken are good sources of protein. If you are having a hard time finding the vegetables or fruits you are looking for, try looking in the freezer or canned aisle. Additionally, I would add dried to this list. Dried vegetables and fruit are good substitutions in many recipes. The same is true of beans, grains, and lentils. Also, some people find it easier to store items dried. Dry items take up less room and are not as sensitive to temperature changes.

Finally, keep in mind what makes us feel hungry or full. Hunger is the body's way of telling us we need certain nutrients. The amount of nutrients your body needs compared to what you eat directly impacts hunger. It is why you may still feel hungry after eating a meal. Your body still needs certain nutrients. The problem is, knowing what nutrients your body needs is not easily accomplished. This is where terms like low quality and high quality get applied to diets. A low-quality diet is food, but it lacks key vitamins, mineral, and fiber your body needs. Frequently, low quality diets contain too many calories, salt, saturated fats, and sugar. On the other hand, a high-quality diet is the opposite. It is high in key vitamins, minerals, and fiber. Nutrition is important. Keep this in mind next time you are shopping.

**Please contact me to schedule an appointment** or for more information: Tyler Johnson, [tajohnson120@ksu.edu](mailto:tajohnson120@ksu.edu), or call 620-232-1930.

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