

Grocery store tours provide healthy eating tips

By Geralda Miller, Reno Gazette-Journal

Most people who go grocery shopping are baffled about what to buy for healthy living.

Karen Bain, a registered dietitian and certified health and wellness coach for Saint Mary's Health Plans, is trying to make the grocery shopping experience an educated one.

She leads monthly grocery store tours at Scolari's locations in Reno and Sparks.

"We want to make sure that they sift through all the marketing hype and determine what's valid and evidence based," she said. "Is that the best choice? Are there better options? They are so confused."

On a recent weekday, Bain led a small group around the store, providing helpful tips along the way.

The No. 1 rule for healthy shopping is to try to stay on the perimeter, which is where fresh produce, dairy, meats and fish are located. That's where Bain spent most of the hourlong tour.

Read the whole story