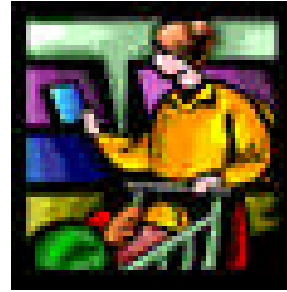


Shopping Tour

Patients at the Nanakuli Campbell Clinic had the opportunity to learn hands-on healthy shopping skills.

Two groups of 6-8 patients participated in a supermarket tour with a registered dietitian at the Nanakuli Sack 'N Save. Patients were able to interact with the dietitians regarding healthy foods for managing their diseases. The shopping tour was geared toward hands-on experience so patients had the opportunity to learn healthy shopping tips. Click on link to view the handout and its tips used in the shopping tour: [Shopping Tips](#).



Many of the participants were surprised to find out that many of their favorite foods were high in hidden fat, sugar or salt. However, the dietitians were able to guide patients to healthier substitutes that the patients were willing to try. Participants had a fun time learning from this hands-on experience and agreed that they will incorporate some of the ideas learned into their daily shopping routine.

If you like these tips and want hands-on experience. You can check with your clinic's Team Office Manager for future opportunities to participate in supermarket shopping tours.