

12 Convenient grocery store foods that are actually good for you

You don't *have* to shop at expensive stores for healthy food. Stock up on these products

There is one thing that I often hear from my clients when it comes to preparing meals and snacking, and that is that they want convenience. For me, I am also big on taste and flavor as well as looking for products that use wholesome, real ingredients, are devoid of artificial colors or sweeteners and just downright taste good!

As a consumer, we ask, "Why is that good for me?" or "Will my family like this?" As a nutritionist, I am constantly searching for new products not only for my household but to share with readers and clients alike. I didn't really have to look any further than my fridge/freezer or pantry! Here are 12 healthy grocery store food finds that will add variety and flavor to your current eating lifestyle. Enjoy!

Salty seasonings

In the kitchen, one thing I really focus on is limiting added sodium when cooking, marinating or seasoning dishes. But I do love the taste of salt! So when I came across Salt for Life, I was thrilled. It looks and tastes like salt because it is salt. The difference is that common table salt is sodium based, whereas Salt for Life is a blend of naturally sourced potassium salt and sea salt, resulting in 75 percent less sodium. For me, this translates to less bloating as well as disease prevention. Potassium is an overlooked and under-consumed mineral in our diet, which actually has a wide variety of surprising health benefits which includes helping to balance out the harmful effects of too much sodium, maintaining a healthy blood pressure and brain function, decreasing muscle cramping, stabilizing blood sugar levels as well as playing an important role in improving and extending our bone health.

