

SMART SENIOR DAILY

Guides

Smart Senior's Costco Shopping Checklist

Healthy Swaps That Save You Money and Cut Inflammation

Seed Oils

Swap This	For This	Why It's Smarter
Vegetable or Canola Oil	Extra Virgin Olive Oil (single origin, dark glass bottle)	Less processed, rich in heart-healthy fats
Grapeseed Oil	Avocado Oil	Higher smoke point, stable under heat
Blended "EVOO"	Certified 100% Italian or California EVOO	True extra virgin; less likely to be adulterated

Snacks & Seeds

Skip This	Try This	Health Benefit
Omega Mix coated in canola oil & sugar	Sprouted Pumpkin Seeds (lightly salted)	Magnesium, manganese, and antioxidants
Flavored Nut Mixes	Plain Walnuts or Almonds	Natural omega-3 precursors and fiber
Sugary Protein Bars	Roasted Chickpeas or Trail Mix (no added oils)	Protein + slow-digesting carbs for steady energy

Gut-Healthy Finds

Skip This	Try This	Why It Helps
Pasteurized Sauerkraut	Raw, Organic Sauerkraut (refrigerated section)	Live probiotics + high vitamin C
Sweetened Yogurt Cups	Plain Greek Yogurt with Fresh Fruit	Adds protein without excess sugar
Bottled Kombucha (with 20+g sugar)	Low-sugar or Homemade Kombucha	Easier on blood sugar, still probiotic-rich

Pantry Staples

Watch For	Choose Instead	Why
Sardines in Soybean Oil	Sardines in Extra Virgin Olive Oil	More omega-3s, less oxidation
White Bread or Crackers	Whole-Grain or Seed Crackers	Fiber supports digestion & heart health
Canned Veggies (salted)	Frozen or Fresh Veggies	Fewer additives, better texture & nutrients

Supplements

Think Twice About	Choose Instead	Note
"One-A-Day" with Calcium Carbonate	Food-based Multivitamin or Targeted Mineral Supplement	Easier to absorb
Multis with Soy/Corn Oil Fillers	Capsule-based formulas with clean carriers	Reduces unnecessary omega-6 load

Pro Tips from Dr. Berg's Walk-Through

- **Look for short ingredient lists.** If you can't pronounce it, skip it.
- **Store oils in cool, dark places.** Heat and light cause oxidation.
- **Check labels for "cold-pressed" and "single origin."**
- **Buy in bulk – but only what you'll use within 2–3 months.**

Smart Senior Daily – Practical health and wellness for older adults who still want to live smart, curious, and well.

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