

GROCERY SHOPPING SECRETS

10 tips to eat better & save money

You can save money at the supermarket — and get the most nutritious foods for your family — by following a few tips from a shopping expert.

Robyn Freedman Spizman presents ENQUIRER readers with her top 10 tips from her new book "Supermarket Secrets."

By JAMES McCANDLISH

- Choose citrus fruit by weight. The heaviest contains the most juice. Also, citrus can last up to a month stored in the refrigerator.
- Male eggplants are sweeter and have fewer seeds. The male has a well-rounded bottom with a stem area. The female has a narrow bottom with an indented stem area.
- Purchase seafood, meat, chicken and milk toward the end of your shopping to ensure freshness by the time you reach home.
- Use beef steaks, roasts

- and poultry within three to four days. Use ground meat and ground poultry within one to two days.
- There is no difference between brown and white eggs. At home, you can test an egg for freshness by placing it in a bowl of cold water. A fresh egg will remain on the bottom. Discard any egg that floats on the surface.
- Check milk, cheese and other cartons for expiration dates — and look at the back

of the shelf for later dates.

- Choose the olive oil that's right for you. Extra virgin olive oil is best for salads, roasted vegetables, or pasta. Virgin olive oil has a slightly sweet, fruity flavor. Fine olive oil is perfect for sauteing or frying. All olive oil should be stored in a cool, dark place away from sunlight and will last up to six months.
 - In the deli, ask for a sample. This works especially well if your children are with you and you want to make sure they like something before you buy it and take it home.
 - Choose canned goods that are free of dents, cracks, rust or bulging lids. Check packages for holes, tears and open corners.
 - When considering vinegar, red wine vinegar is best on salads and for marinating. White wine vinegar is best for pickling, fish and potato salad.
- Spizman added, "These tips can save you money at the supermarket because you'll cut back on waste — and at the same time provide your family with the freshest, tastiest products

