



Transcript from February 23, 2010 to February 24, 2010

All times are Pacific Time

February 23, 2010

- 11:57 am JenStringer10: Learn about where to find all the "real" healthy food at the grocery store. Join the @fitcityindy #indyfitchat tonight at 6:30pm ET.
- 1:58 pm fitcityindy: Join #indyfitchat tonight at 6:30pm ET. Learn about grocery store survival with @Flourish_Girl, nutritionist Annessa Chumbley.
- 2:40 pm JenniKerrigan: RT @fitcityindy: Join #indyfitchat tonight at 6:30pm ET. Learn about grocery store survival @Flourish_Girl, nutritionist Annessa Chumbley.
- 3:36 pm lisavielee: Listen in as @Flourish_Girl shares tips for a healthy grocery store trip; #indyfitchat tonight at 6:30 ET. I'm moderating. She's experting.
- 4:22 pm 4thfrog: RT @lisavielee: Listen in as @Flourish_Girl shares tips for a healthy grocery store trip; #indyfitchat tonight at 6:30 ET.
- 4:28 pm Flourish_Girl: Hey everyone! Join #indyfitchat tonight at 6:30pm ET. I'll be taking us through "Grocery Survival Skills!" ...meant just for you! Be there!
- 6:46 pm Flourish_Girl: Hey everyone! Join #indyfitchat tonight at 6:30pm ET on Twitter. I'll be taking us through "Grocery Survival..." <http://bit.ly/a6ChTO>
- 9:10 pm fitcityindy: Thnx for spreading the word about tonight's #indyfitchat (6:30pm ET): @JenniKerrigan @CMV420 @moretips4u @JenStringer10 @lisavielee.
- 11:05 pm fitcityindy: The Grocery Survival Skills #indyfitchat will begin in 25 minutes. Feel free to snooze us for the next hour (but we hope you do join!)
- 11:09 pm FitFactorKids: @FitCityIndy 's Grocery Survival Skills #indyfitchat will begin in 25 minutes. We'll be there. Will you?
- 11:20 pm lisavielee: If you are interested in grocery shopping tips: RT @fitcityindy: The Grocery Survival Skills #indyfitchat will begin in 25 minutes.
- 11:30 pm fitcityindy: We're about to begin the first #indyfitchat with nutritionist Annessa Chumbley (@Flourish_Girl), sharing smart grocery shopping tips
- 11:30 pm fitcityindy: If you are joining, introduce yourself! Be sure to add #indyfitchat to your tweets so we can see your comments
- 11:31 pm FitFactorKids: Hi there. We're ready to chat (on time this week!) #indyfitchat #indyfitchat
- 11:33 pm Flourish_Girl: #indyfitchat Hello all! I'm here to lead us through a "Virtual Grocery Tour"...the healthy way!
- 11:34 pm FitFactorKids: Hi @Flourish_Girl Nice to meet you :) #indyfitchat
- 11:34 pm fitcityindy: Hi @Flourish_Girl! #indyfitchat gang: Get your grocery list of questions ready! We'll have the 1st #indyfitchat question in a minute or two
- 11:35 pm fitcityindy: You can follow #indyfitchat live on TweetGrid Search - <http://tweetgrid.com/search?q=%23indyfitchat>
- 11:36 pm fitcityindy: Let's get started. Q1: What are your 3 rules for smart grocery shopping? #indyfitchat

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11:36 pm Flourish_Girl: #indyfitchat @fitfactorkids My babygirl LOVES your demo on your site, I need to order it!

11:37 pm fitcityindy: #indyfitchat RT @Flourish_Girl: Rule #1: Stick to the Perimeter! That's where the whole foods packed with the most nutrients exist!

11:38 pm Flourish_Girl: #indyfitchat Remember: the longer the shelf life of the foods you eat, the shorter your shelf life will be!

11:38 pm eternallizdom: #indyfitchat Hi all! Looking forward to learning from @Flourish_Girl!

11:38 pm Flourish_Girl: #indyfitchat Rule #2: NEVER SHOP HUNGRY! You're likely to get caught in the "mouse trap" of junk food at checkout

11:39 pm FitFactorKids: Our rules are buying unprocessed foods...lean meats, veggies...and when buying packaged foods, the fewer ingredients the better #indyfitchat

11:39 pm lisavielee: I want a long shelf life! RT @Flourish_Girl: #indyfitchat Remember: the longer the shelf life of foods you eat, the shorter your shelf life!

11:39 pm Flourish_Girl: #indyfitchat Rule#3: Shop with a GROCERY MAP!

11:39 pm fitcityindy: @eternallizdom Welcome to the Grocery Skills #indyfitchat!

11:40 pm Flourish_Girl: #indyfitchat GREAT tip, fitfactorkids. We'll take it aisle by aisle in just a minute!

11:40 pm 4thfrog: What have I missed in #indyfitchat?

11:40 pm eternallizdom: Grocery Map? Eager to hear more! #indyfitchat

11:41 pm fitcityindy: RT @Flourish_Girl: #indyfitchat Rule #2: NEVER SHOP HUNGRY! You're likely to get caught in the "mouse trap" of junk food at checkout

11:42 pm fitcityindy: @4thfrog #indyfitchat just reviewed 3 rules of shopping: don't go hungry, stick to the perimeter and use a grocery map!

11:42 pm Flourish_Girl: #indyfitchat Grocery Map is a layout of your grocery store aisle by aisle, and you write what you need for each aisle.Laminate it for reuse

11:42 pm 4thfrog: @Flourish_Girl What do you think of frozen fruits and veggies? Good? Not so good? #indyfitchat

11:42 pm FitFactorKids: @Flourish_Girl Glad she likes it! If you're interested, try Amazon...qualifies for Super Saver Shipping <http://bit.ly/d4tqY6> :) #indyfitchat

11:43 pm Flourish_Girl: #indyfitchat A grocery map makes you more efficient and productive-- no backtracking.

11:43 pm 4thfrog: #indyfitchat Where do you find said map? On the website for your store or MYO?

11:43 pm Flourish_Girl: #indyfitchat Frozen fruits and veggies are one word: AWESOME! Most keep most of their nutrients, and ALL their fiber. Eat up!

11:43 pm FitFactorKids: Remember: the longer the shelf life of the foods you eat, the shorter your shelf life will be! RT @Flourish_Girl #indyfitchat

11:44 pm nzeckner: @fitcityindy 1) Read labels 2) read labels 3) read labels. #indyfitchat

11:44 pm Flourish_Girl: #indyfitchat Frozen fruits and veggies are on my top "wallet happy" foods list.

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11:45 pm fitcityindy: Good Question: @fitcityindy has one on our site. I'll send link. RT @4thfrog: #indyfitchat Where do you find said map?

11:45 pm JustHeather: @4thfrog They'll have one at the greeter's stand or service desk. I use one to order my coupons so I can get in & out quickly. #indyfitchat

11:45 pm 4thfrog: #indyfitchat Are the steam in bag veggies bad for me? Please say no b/c I puffy heart LUV those things.

11:45 pm FitFactorKids: What do you think of organics? We love to juice. Heard that you should always juice organic, but would like an expert opinion. #indyfitchat

11:45 pm fitcityindy: Make Your Own Laminated Grocery Map with the template here: <http://bit.ly/bM3Hyj> #indyfitchat

11:45 pm Flourish_Girl: #indyfitchat @nzeckner VERY TRUE! I call the ingredients list the "Source of Truth" -- that's the only place to get the real story!

11:46 pm 4thfrog: @JustHeather - Great tip. Who knew they have more than lottery tix at the service desk. #indyfitchat

11:46 pm fitcityindy: @nzeckner @JustHeather Welcome to the #indyfitchat!

11:47 pm Flourish_Girl: #indyfitchat GOOD NEWS -- steam bag veggies are fine:) Steam away...

11:47 pm JustHeather: @fitcityindy Thanks! Grocery skills are right up my alley. I'm always looking for new tips to share @Inexpensively. #indyfitchat

11:48 pm 4thfrog: RT @fitcityindy: Make Your Own Laminated Grocery Map with the template here: <http://bit.ly/bM3Hyj> #indyfitchat (AWESOME! Thanks!)

11:48 pm Flourish_Girl: #indyfitchat @fitfactorkids --organic may be good, but since some can't afford, the BEST thing to do is to get produce in regardless.

11:49 pm Flourish_Girl: #indyfitchat I typically don't recommend juice (= liquid candy), because it's so much better to eat the fruit!

11:49 pm Flourish_Girl: #indyfitchat But juicing on your own is a different story.

11:49 pm FitFactorKids: Agreed. We eat tons of veggies and fruit. Juicing gives us a new way to mix it up! #indyfitchat

11:50 pm Flourish_Girl: #indyfitchat Let's start wondering through the Produce aisle... (feel free to add your tips and tricks everyone!)

11:50 pm inexpensively: RT @fitcityindy: Make Your Own Laminated Grocery Map with the template here: <http://bit.ly/bM3Hyj> #indyfitchat

11:50 pm JenStringer10: Just checkin' in. What about Nutri-Grain cereal bars? The title sounds good, it has some fruit, but is it really healthy? #indyfitchat.

11:50 pm fitcityindy: So real fruit, frozen or fresh. Can do! RT @Flourish_Girl: #indyfitchat It's so much better to eat the fruit!

11:50 pm eternallizdom: My frustration with produce is that it doesn't always stay good. Any tips on extending life? Keeping in the fridge? #indyfitchat

11:51 pm 4thfrog: We're in an apple and banana rut at my house. Methinks I need to get more creative in my fruit buying. #indyfitchat

11:51 pm FitFactorKids: We usually juice veggies. Beets are amazing! Sometimes we do a fruit/veggie mix. Son calls apple/carrot/ginger Caramel Juice #indyfitchat

11:51 pm Flourish_Girl: #indyfitchat Remember, Produce = PROTECTION! All has antioxidants, the firefighters of the body

pm that go around putting out those "hot spots"

11:52 4thfrog: RT @eternallizdom: My frustration with produce is that it doesn't always stay good. Any tips to extend life? #indyfitchat (EAT IT FASTER)

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11:52 Flourish_Girl: #indyfitchat Depends on the fruit/veggie. The "green bags" that are sold at the store actually work great! The most important thing...

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11:52 JenStringer10: RT @inexpensively: RT @fitcityindy: Make Your Own Laminated Grocery Map with the template here: <http://bit.ly/bM3Hyj> #indyfitchat

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11:52 Flourish_Girl: #indyfitchat ...is to make sure they get used! Not put in the produce bin where we get them out 3months later to find mold!

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11:53 JustHeather: @4thfrog Meijer is a fun place for unique produce. They have dozens of exotic fruits my kids get a kick out of. #indyfitchat

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11:54 lisavielee: Kiwis and cantelope! We also love Clementines. RT @4thfrog: We're in an apple and banana rut at my house. #indyfitchat

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11:54 Flourish_Girl: #indyfitchat Tip: have a "produce parade" each night right BEFORE dinner. Pass two kinds of fresh veggies around, and make everyone eat...

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11:54 FitFactorKids: @4thFrog @JustHeather Our son loves to pick unique fruits too. Last week we tried new citrus from Jamaica. Tasty. #indyfitchat

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11:54 JustHeather: @4thfrog @eternallizdom I'm experimenting with the Eggstrafresh that claims to extend life. Review @Inxpensively soon! #indyfitchat

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11:54 Flourish_Girl: #indyfitchat Because nobody is hungry for baby carrots AFTER dinner!

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11:54 4thfrog: #indyfitchat Fruit kabobs are usually a hit here. Could probably do the same w/veggies.

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11:55 JustHeather: @eternallizdom You can also make breads, fruit salads, stews & smoothies out of nearly expired produce. #indyfitchat

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11:55 JenStringer10: @JustHeather. Can you give some ex's of exotic fruits your kids like? We're stuck in a fruit rut. #indyfitchat

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11:56 4thfrog: @lisavielee We love clementines too. Seem pricey lately. Are kiwi and cantaloupe any good this time of year? #indyfitchat

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11:56 Flourish_Girl: #indyfitchat @jenstringer10 I actually give Nutragrain a thumbs down. Much better to eat REAL fruit, and combine with oatmeal for a snack!

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11:56 fitcityindy: Another good tip! RT @JustHeather: @eternallizdom Make breads, fruit salads, stews & smoothies out of nearly expired produce. #indyfitchat

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11:56 FitFactorKids: You can freeze your bananas to use in smoothies later too #indyfitchat

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11:56 eternallizdom: @JustHeather #indyfitchat I often freeze bananas reaching the end of their shelf life to use for banana bread or smoothies!

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11:56 4thfrog: #indyfitchat Does anyone hide fruits/veggies? Either in those purees or just chopped up and mixed in fave foods?

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11:56 Flourish_Girl: #indyfitchat @4thfrog Fruit kabobs sound yummy!

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11:57 lisavielee: @4thfrog Kiwis seem to go fast here right now, and the price is going down. #indyfitchat

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11:57 Flourish_Girl: #indyfitchat @eternallizdom GREAT banana idea! Way to get the most out of your money, too.

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11:57 JustHeather: @JenStringer10 Star fruit, prickly pears, "dino eggs" (plum). Less exotic but more unusual:

pm pomegranate, kiwi, clementine. #indyfitchat

11:58 pm 4thfrog: @Inexpensively - Never heard of the Eggstrafresh. Will look forward to your review. #indyfitchat

11:59 pm Flourish_Girl: #indyfitchat @4thfrog Yes, I do sometimes, but only if its convenient. Trying to teach my babygirl to love the food in its pure form!

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Flourish_Girl: #indyfitchat Last tips on produce: Blueberries = brainfood, strawberries = heartfood, Ginger = nausea-fighter, Cabbage = cancer fighter!

fitcityindy: We're half way through #indyfitchat already! Let's move on to the meat counter.

eternallizdom: More grocery store tips? @Flourish_Girl #indyfitchat

12:01 am fitcityindy: But first, who can guess what is the lowest-fat, highest-value meat? #indyfitchat

12:01 am 4thfrog: @Flourish_Girl Cabbage = Cancer Fighter AND Air Polluter. LOL! Sorry, couldn't resist. #indyfitchat

12:02 am 4thfrog: RT @fitcityindy: But first, who can guess what is the lowest-fat, highest-value meat? #indyfitchat - Pork?

12:02 am JenStringer10: Thanks @JustHeather. I am tired of seeing the same apple come home in the lunchbox three days in a row! I'll try something new #indyfitchat.

12:02 am FitFactorKids: We're guessing turkey #indyfitchat

12:02 am Flourish_Girl: #indyfitchat There's a myth that red meat is bad, NOT TRUE! Filled with iron, and the best one is...SIRLOIN!

12:03 am eternallizdom: #indyfitchat Bison?

12:03 am Flourish_Girl: #indyfitchat @fitfactorkids TURKEY is a great, underused meat. VERY lean, and has "make your brain feel good" tryptophan in it.

12:03 am eternallizdom: @Flourish_Girl #indyfitchat YAAAAAY!! I looove red meat!

12:04 am JustHeather: @JenStringer10 Clementines are awesome lunchbox fruits. They are easily peeled by hand, and fit perfectly with no packaging. #indyfitchat

12:04 am fitcityindy: What grocery store are you shopping at? :-) RT @eternallizdom: #indyfitchat Bison?

12:04 am Flourish_Girl: #indyfitchat BISON is a great meat, and very lean (leaner than most hamburger). BTW, Ted's Montana Grill has delish bison burgers:)

12:04 am 4thfrog: @fitcityindy so is sirloin the answer? #indyfitchat

12:04 am Flourish_Girl: #indyfitchat For meats, look for the one with the least marbling. (Sorry, bacon people:(

12:05 am eternallizdom: Marsh carries bison. :) #indyfitchat

12:05 am fitcityindy: Yes, sirloin is the lowest fat, highest value meat. RT @4thfrog: @fitcityindy so is sirloin the answer? #indyfitchat

12:06 am Flourish_Girl: #indyfitchat Remember: meats ending in -ami or -oni are high in saturated (bad) fat. Replace with canadian bacon instead! It's super yummy!

- 12:07 am 4thfrog: RT @Flourish_Girl: #indyfitchat TURKEY is a great meat. VERY lean (What's best - Ground, breasts?? I don't even know how it's available.)
- 12:08 am 4thfrog: @Flourish_Girl How 'bout turkey pepperoni? #indyfitchat
- 12:08 am Flourish_Girl: #indyfitchat @4thfrog Either is good -- you can sometimes find breasts, but you can ALWAYS find ground, thanks to Jeanie-0!
- 12:09 am FitFactorKids: What do you think about grass-fed beef? Have heard good and not so good. Tried it and the texture is...different. :) #indyfitchat
- 12:10 am Flourish_Girl: #indyfitchat Yes, turkey pepperoni is good, but watch the turkey bacon and 'dogs. Sometimes those are just as bad, b/c of how their made.
- 12:10 am fitcityindy: RT @Flourish_Girl: #indyfitchat Meats ending in -ami or -oni are high in saturated (bad) fat. Use canadian bacon instead! It's super yummy!
- 12:10 am JenStringer10: RT @Flourish_Girl You're making my brain work too much. What meats end end -ami or oni besides for salami? #indyfitchat
- 12:10 am Flourish_Girl: #indyfitchat The only real way to know is to look at the INGREDIENTS LIST! That's your "Source of Truth"
- 12:11 am 4thfrog: RT @JenStringer10: RT @Flourish_Girl What meats end end -ami or oni besides for salami? #indyfitchat - PASTRAMI, Bolognami
- 12:11 am fitcityindy: Pepperoni! RT @JenStringer10: RT @Flourish_Girl What meats end end -ami or oni besides for salami? #indyfitchat
- 12:11 am fitcityindy: Let?s go to the dairy section next. What is the your #1 product to try here @Flourish_Girl? #indyfitchat
- 12:11 am Flourish_Girl: #indyfitchat @JenStringer10 Ha! I intended that for all salami, bologna (even though its not spelled that way), pepperoni...
- 12:11 am 4thfrog: @Flourish_Girl - Are there ingredients that are definite to avoid? #indyfitchat
- 12:12 am FitFactorKids: We LOVE kefir. So delicious in smoothies. #indyfitchat
- 12:12 am Flourish_Girl: #indyfitchat DEFINITELY---(drumroll...) GREEK YOGURT! Has anyone tried this stuff? It's excellent! SUPER high in protein, & calcium!
- 12:12 am eternallizdom: RT @FitFactorKids: We LOVE kefir. So delicious in smoothies. #indyfitchat
- 12:13 am eternallizdom: @FitFactorKids #indyfitchat I DO TOO!!!
- 12:13 am 4thfrog: Ok, about dairy - Lots of my friends are into making their own yogurt in a crockpot. Is it really that much healthier? Cheaper? #indyfitchat
- 12:13 am fitcityindy: RT @Dafforn: @fitcityindy #1 Dairy product Kefir and whole milk grass fed #indyfitchat
- 12:13 am Flourish_Girl: #indyfitchat @fitfactorkids What's your favorite brand of kefir?
- 12:13 am eternallizdom: @Flourish_Girl #indyfitchat what's the diff between reg and greek?
- 12:14 am 4thfrog: What the heck is kefir? #indyfitchat
- 12:14 am FitFactorKids: @eternallizdom flavored Kefir is so tasty! Our store sells Lifeway. #indyfitchat

12:14 am eternallizdom: @4thfrog #indyfitchat Very similar to drinkable yogurt.

12:15 am 4thfrog: @FitFactorKids @eternallizdom Kefir?! 'Splain, please! #indyfitchat

12:15 am Flourish_Girl: #indyfitchat @eternallizdom Greek yogurt is super-strained, so it's really creamy and tangy. It can easily replace sour cream!

12:15 am eternallizdom: @FitFactorKids #indyfitchat I think thats the same brand. I like peach and cherry.

12:15 am Flourish_Girl: #indyfitchat I eat Greek yo for breakfast, with a handful of walnuts and some chopped strawberries in it (and maybe a drop of agave nectar:)

12:16 am FitFactorKids: Sounds gross, but we drink "green drinks" mixed with almond milk. Actually tastes much better than with juice. #indyfitchat

12:16 am Dafforn: #indyfitchat Meat Counter; Can't get enough loin

12:16 am 4thfrog: See, I don't love smoothies or runny yogurt. I'm a lost cause in the dairy section, I guess. #indyfitchat

12:17 am 4thfrog: And you can buy this Greek yogurt and kefir stuff at "normal" grocery stores? How 'bout the cost? We're on 1 income here. #indyfitchat

12:17 am eternallizdom: @4thfrog #indyfitchat <http://www.lifeway.net/> Brand of Keifr found at marsh

12:17 am Flourish_Girl: #indyfitchat Also in dairy, find creative ways to use LF cottage cheese. Blend it (takes out the curd pillows), & add pkt of ranch for dip!

12:17 am 4thfrog: RT @Dafforn: #indyfitchat Meat Counter; Can't get enough loin (Beef or pork?)

12:17 am fitcityindy: That's ok. We'll move on to the snack aisle in a minute. RT @4thfrog: I'm a lost cause in the dairy section, I guess. #indyfitchat

12:18 am Flourish_Girl: #indyfitchat @fitfactorkids Unsweeted Vanilla Almond Breeze is my fave!

12:18 am FitFactorKids: RT @Flourish_Girl Also in dairy, find creative ways to use LF cottage cheese. Blend it & add pkt of ranch for dip! #indyfitchat

12:18 am Dafforn: #indyfitchat: What is your point of view on freeze dried fruit. No chips for lent need a substitute for crunch? Thoughts?

12:18 am FitFactorKids: @Flourish_Girl That's what we use too. Yum! #indyfitchat

12:19 am eternallizdom: @Flourish_Girl #indyfitchat What about low or no fat dairy? Vs full fat. lower fat is higher sugar which turns to fat? No?

12:20 am Flourish_Girl: #indyfitchat @dafforn Freeze-dried fruit is great, b/c no added sugar. Are you not doing potatoes at all? B/c if you are, I have a GREAT --

12:20 am 4thfrog: @fitcityindy Now you're talking! Snacks I can do!#indyfitchat

12:21 am 4thfrog: RT @Flourish_Girl: #indyfitchat @fitfactorkids Unsweeted Vanilla Almond Breeze is my fave! (What is this? Kefir?)

12:21 am Flourish_Girl: #indyfitchat @dafforn -recipe for "unfried" fries. Their crispy, crunchy & delicious! Just posted to my Facebook in Notes -look 4 Flourish!

12:21 am FitFactorKids: We tried making kale chips and failed miserably. Can't see how kids could like them (as we heard) #indyfitchat

- 12:22 am [fitcityindy](#): There are so many easy snacks that claim to be good for our kids. What is a healthy snack? [#indyfitchat](#)
- 12:22 am [4thfrog](#): [@dafforn](#) Where do you get freeze-dried fruit? I thought dried fruit was high in sugar? [#indyfitchat](#)
- 12:22 am [lisavielee](#): [@4thfrog](#) Looks like you and I are going to have to try this Kefir. [#indyfitchat](#)
- 12:22 am [FitFactorKids](#): [@4thfrog](#) Unsweetened Vanilla Almond Breeze is a type of almond milk. Way less sugar than the sweetened varieties. [#indyfitchat](#)
- 12:23 am [Dafforn](#): [#indyfitchat](#) Snack Aisle: Dark Chocolate and Oranges
- 12:23 am [eternallizdom](#): [@4thfrog](#) [#indyfitchat](#) We buy freeze dried at Trader Joe's. Love strawberries and mangosteen and forget the other I really like.
- 12:23 am [4thfrog](#): RT [@lisavielee](#): [@4thfrog](#) Looks like you and I are going to have to try this Kefir. [#indyfitchat](#) (I get the feeling I'm a remedial shopper)
- 12:23 am [Flourish_Girl](#): [#indyfitchat](#) Freeze-dried fruit has no added sugar. Regular dried fruit typically does (except raisins), so you have to b on guard!
- 12:24 am [4thfrog](#): RT [@Flourish_Girl](#): [#indyfitchat](#) Freeze-dried fruit has no added sugar. (So where do you find that? !)
- 12:25 am [Flourish_Girl](#): [#indyfitchat](#) My dear fitchat friends: watch out for those 100-cal snack packs!!!! They are typically highly processed, empty food!
- 12:25 am [4thfrog](#): [#indyfitchat](#) How many grocery stores do you all go to in one week? Seriously my head is spinning!
- 12:26 am [indyfringe](#): Great healthy tips [@fitcityindy](#). [#indyfitchat](#) with nutritionist Annessa Chumbley ([@Flourish_Girl](#)), sharing smart grocery shopping tips.
- 12:26 am [Flourish_Girl](#): [#indyfitchat](#) Nuts are actually a good snack! Measure out 1/4 cup and make your own "100cal snack packs!" (Snack packs are overpriced, too)
- 12:26 am [4thfrog](#): [@Flourish_Girl](#) I've been trying to only buy whole foods - not so much processed & my kids are complaining there's nothing 2 eat [#indyfitchat](#)
- 12:26 am [jfbrady](#): Great healthy tips [@fitcityindy](#). [#indyfitchat](#) with nutritionist Annessa Chumbley ([@Flourish_Girl](#)), sharing smart grocery shopping tips.
- 12:27 am [Flourish_Girl](#): [#indyfitchat](#) Walnuts = another BRAINFOOD. You can remember this b/c they look like a brain! High in healthy brain fats Omega-3s!
- 12:27 am [4thfrog](#): [@FitCityIndy](#) Will there be a summary of tonight's chat , tips, etc. on the FCI site? [#indyfitchat](#)
- 12:27 am [FitFactorKids](#): Great point. Nuts are so delicious and kids love them. [#indyfitchat](#)
- 12:28 am [eternallizdom](#): [@4thfrog](#) [#indyfitchat](#) I hit Marsh or Target on weekend- close to home. I hit Trader Joe's during week- near work. TJ's I only hit monthly
- 12:28 am [JustHeather](#): [@4thfrog](#) I go to the store twice per week to keep fresh foods in stock. I pick a different once each time for the good sales. [#indyfitchat](#)
- 12:28 am [Flourish_Girl](#): [#indyfitchat](#) Almonds = SKINFOOD! High in antioxidant Vitamin E. This is why you walk down the beauty aisle & see so many products w/almonds
- 12:29 am [eternallizdom](#): [@Flourish_Girl](#) [#indyfitchat](#) What about juice? My kids love orange juice. We tend to avoid the other bottled juices.
- 12:29 am [Flourish_Girl](#): [#indyfitchat](#) [@justheather](#) You have the word on the sales, don't you?! I'm sure you could give some good smart-shopping tips, too!

- 12:29 am fitcityindy: Yes, I'll post a transcript. RT @4thfrog: @FitCityIndy Will there be a summary of tonight's chat , tips, etc. on the FCI site? #indyfitchat
- 12:29 am JustHeather: @4thfrog Exactly! Plus, my kids tend to eat what's there so I could buy the same amount and they'd still eat it in 3 or 4 days. #indyfitchat
- 12:30 am Flourish_Girl: #indyfitchat @jbrady --Thanks! Glad you joined us!
- 12:30 am FitFactorKids: RT @Flourish_Girl Almonds=SKINFOOD! High in Vit. E. This is why you walk down the beauty aisle & see so many products w them #indyfitchat
- 12:30 am JustHeather: @Flourish_Girl Thanks! It's what I do @Inexpensively - I'm all about finding ways to afford the good foods we need & love. #indyfitchat
- 12:31 am Dafforn: @reverend_bunnie @fitcityindy Crisp toasty pitas is a great crunch that I have forgotten about. #indyfitchat
- 12:31 am fitcityindy: Can you believe #indyfitchat is nearing the end? @Flourish_Girl has TONS more tips and tricks. We'll have to have her back as a guest again.
- 12:32 am FitFactorKids: @FitCityIndy Love it. This has been a great conversation. Fun chatting with @Flourish_Girl #indyfitchat
- 12:32 am Flourish_Girl: #indyfitchat I'll post on facebook Flourish! Notes "Snack attacks under 100 calories!" B looking for it!
- 12:32 am fitcityindy: A BIG thanks to @Flourish_Girl for her great ideas & hints on how to shop healthier. #indyfitchat (and to all of you for great comments!)
- 12:32 am eternallizdom: @fitcityindy #indyfitchat I just fanned her on Facebook- loads of info and discussion there.
- 12:32 am 4thfrog: RT @Flourish_Girl: #indyfitchat I'll post on facebook Flourish! Notes "Snack attacks under 100 calories!" B looking for it! (Will do!)
- 12:33 am Flourish_Girl: #indyfitchat Wonderful Fitchat people: sad we have to end, but PLEASE post your tips on my Flourish! FB page, and we'll continue discussion!
- 12:33 am Flourish_Girl: #indyfitchat: Remember, "if you eat junk, you'll feel like junk!" Eat energy instead! And flourish your grocery shopping!
- 12:34 am fitcityindy: AND @Flourish_Girl said she'd be back to #indyfitchat in the near future!
- 12:34 am Flourish_Girl: #indyfitchat You all are awesome!
- 12:34 am Dafforn: Thanks #indyfitchat. My blog is on www.agreenerindiana.com hope you will join us. Tweeting about low cost solution to the kitchen garden
- 12:35 am fitcityindy: #indyfitchat in 2 weeks (Mar 9) at 6:30 pm will focus on what Indy schools are doing as part of Mrs. Obama's Let's Move initiative. B There
- 12:36 am 4thfrog: RT @Dafforn: Thanks #indyfitchat. My blog is on <http://bit.ly/5dqsq> hope you will join us. (Will check it out)
- 12:36 am eternallizdom: @fitcityindy @Flourish_Girl #indyfitchat Thank you for another GREAT chat!!
- 12:38 am reverend_bunnie: @Dafforn thanks for turning me on to #indyfitchat
- 12:38 am fitcityindy: RT @eternallizdom: @Flourish_Girl Totally talked about you on FitCity blog, btw. :) <http://bit.ly/atLjfh> #indyfitchat
- 12:38 am JustHeather: @eternallizdom I'm glad I saw you and @4thfrog chatting. It was fun and I picked up some new ideas. #indyfitchat

- 12:39 am fitcityindy: @reverend_bunnie Thanks for joining the #indyfitchat. Hope you'll also follow @fitcityindy or visit www.fitcityindy.org
- 12:39 am FitFactorKids: RT @fitcityindy #indyfitchat in 2 wks (3/9) @ 6:30 pm - focus on what Indy schools are doing as part of Mrs. Obama?s Let?s Move initiative
- 12:41 am 4thfrog: RT @Carebuzz: RT @InspiredHealth 10 Everyday Super Foods: <http://bit.ly/a79Ak> #nutrition (Timely for #indyfitchat!)
- 12:43 am 4thfrog: Ok #indyfitchat tweeps -- gotta roll. My legs are crying for a hot bath. Good night.
- 12:44 am fitcityindy: Watch for the @fitcityindy Super Food Challenge #indyfitchat RT @4thfrog @Carebuzz: @InspiredHealth 10 Super Foods: <http://bit.ly/a79Ak>
- 2:15 am GetUpMC: RT @FitFactorKids: Remember: the longer the shelf life of the foods you eat, the shorter your shelf life will be! RT @Flourish_Girl #indyfitchat