



# Healthful Shopping List

## Vegetables:

- avocado
- bell peppers
- broccoli
- cabbage
- carrots
- cauliflower
- celery
- corn
- cucumbers
- eggplant
- garlic
- herbs \_\_\_\_\_
- kale, collards, etc.
- lettuce
- mushrooms
- onions
- potatoes
- spinach
- squash
- tofu
- tomatoes
- zucchini
- other \_\_\_\_\_

## Fruits:

- apples
- bananas
- blueberries
- cantaloupe
- grapefruit
- grapes
- honeydew
- kiwi
- lemons/limes
- oranges
- peaches
- pears
- pineapple
- plums
- raspberries
- strawberries
- watermelon
- other: \_\_\_\_\_

## Cereal:

Buy cereal with at least 3 g fiber and less than 10 g sugar per serving.

- bran cereal
- oatmeal
- shredded wheat
- other

## Packaged:

- baked potato chips
- baked tortilla chips
- whole grain crackers

## Canned:

Compare brands to find low-sodium versions.

- black beans
- canned vegetables
- canned fruit in juice
- cannellini beans
- chicken broth
- garbanzo beans
- hominy
- kidney beans
- low-fat soup
- parmesan cheese
- pasta sauce
- pinto beans
- tomato paste
- tomato sauce
- tomatoes
- tuna fish in water
- unsweet apple sauce

## Dried:

- almonds
- baking powder
- baking soda
- barley
- beans
- brown rice
- cocoa powder
- corn meal
- fettucini/linguini
- herbs \_\_\_\_\_
- lasagna
- lentils
- macaroni
- peanut butter
- penne
- prune puree
- raisins
- spaghetti
- spices \_\_\_\_\_
- vanilla extract
- vegetable oil
- walnuts

## Condiments:

- balsamic vinegar
- light chocolate syrup
- light jam

- light soy sauce
- low-fat mayo
- low-fat salad dressing
- mustard
- no-salt ketchup
- reduced-cal syrup
- relish
- vinegar \_\_\_\_\_
- Worcestershire

## Bread:

- 100% whole wheat
- corn tortilla
- low-fat tortillas
- whole wheat pitas

## Dairy:

- egg white
- fat-free, light yogurt
- fat-free half & half
- fortified soy milk
- light tub margarine
- nonfat ricotta
- nonfat sour cream
- orange juice w/calcium
- reduced-fat cheese
- skim milk

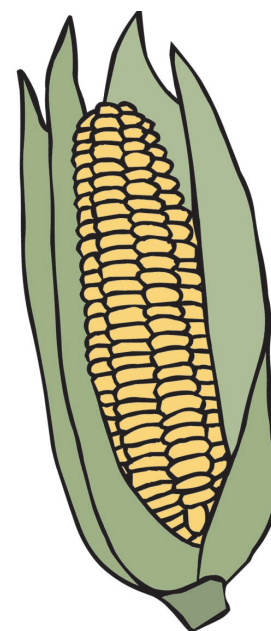
## Frozen:

Find items with less than 2g sat fat and 400 mg sodium per serving. Fast-assembly meals that have the sauce packet separate are often okay if you use half the sauce.

- black eyed peas
- broccoli
- brussels sprouts
- corn
- frozen fruits
- lima beans
- peas with carrots
- spinach/kale
- stir fry vegetable mix
- vegetable medleys
- veggie burgers
- winter squash

## Poultry/Fish:

- chicken breast
- fish
- lean beef, pork
- shrimp/seafood
- turkey breast



## Shopping Tips:

- Use this list to make better choices in the store.
- Plan your meals around vegetables, fruits, whole grains and beans because these items are lower in fat and higher in fiber.
- Challenge yourself to fill half your cart with produce (fresh, frozen or canned).
- Experiment with new vegetables, new pasta shapes and beans.
- Try to buy whole grains instead of refined grains. Examples include whole grain cereal, 100% whole wheat bread, oatmeal, and brown rice.

This information brought to you by: