

Healthy Shopping List

Vegetables

Fresh, frozen or canned.

Canned veggies with <140mg sodium.

- Artichoke
- Asparagus
- Bean Sprouts
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherry Tomatoes
- Collard Greens
- Cucumber
- Eggplant
- Escarole
- Green/Wax Beans
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Pea Pods
- Peppers
- Radishes
- Rhubarb
- Romaine Lettuce
- Sauerkraut
- Scallions
- Spinach
- Sugar Snap Peas
- Summer Squash
- Swiss Chard
- Tomato
- Turnip Greens
- Water Chestnuts
- Zucchini

Starchy Vegetables

- Beans/legumes
- Corn
- Peas
- Plantains
- Potato (White & Sweet)
- Pumpkin
- Winter Squash

Dairy

All dairy should be low fat or fat free.

Choose cheeses with 1% or fat free milk.

- 1% or Fat Free Milk
- Low Fat Lactaid Milk
- Low Fat Soy Milk
- Low Fat Cheese
- Low Fat String Cheese
- Low Fat Ricotta Cheese
- 1% Cottage Cheese
- Low Fat Pudding
- Low Fat Yogurt, Plain
- Light Yogurt, Flavored
- Low Fat Greek Yogurt, Plain
- Low Fat Greek Yogurt, Flavored

Fats

- Avocado
- Butter/Margarine
- Hummus
- Light/Fat Free Cream Cheese
- Light/Fat Free Mayo
- Light Miracle Whip
- Light/Fat Free Sour Cream
- Light Tub Margarine
- Reduced Fat Salad Dressing
- Oils: Canola, Olive, Safflower

Condiments

- Cooking Spray
- Herbs/Seasonings
- Salsa/Mustard/Horseradish
- Spray Butter/Margarine
- Sugar-Free Jelly/Jam/Syrup
- Sugar Substitute

Fruits

Fresh, frozen, dried or canned

(canned fruit must be packed in its own juice)

- Apples
- Applesauce (Natural)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementine
- Cranberries
- Dates
- Figs
- Fruit Cocktail
- Grapefruit
- Grapes
- Honeydew Melon
- Kiwi
- Lemon
- Lime
- Mandarin Oranges
- Mango
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapples
- Plums
- Pomegranate
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Healthy Shopping List

Breads & Grains

The first ingredient should be: whole wheat, multigrain, cracked wheat, oat, rye or millet on a whole grain product.

- Amaranth
- Barley
- Brown Rice
- Buckwheat
- Bulgar
- Einkorn
- Farro
- Millet
- Pumpnickel Bread
- Quinoa
- Rye Bread
- Wheat Bread
- Wheat Tortilla
- Whole Grain Crackers
- Whole Wheat Pasta
- Whole Wheat Pita
- Wild Rice

Cereals

Choose whole grain cereals with <6 grams of sugar and 3+ grams of fiber per serving.

- All Bran
- Cheerios (Original)
- Cream of Wheat
- Fiber One
- Grits
- Kashi Go Lean
- Oatmeal (Unsweetened)
- Shredded Wheat
- Steel Cut Oats
- Whole Grain Cereal

Frozen Entrees

Only recommended to use if necessary – no more than 1-2x per week.

- Healthy Choice
- Lean Cuisine
- Smart Ones
- Weight Watchers

Meat & Poultry

Trim visible fat and remove skins.

- Lean Ground Beef: 90%-95% lean
- Leanest Roast
 - Arm Roast
 - Chuck Shoulder
 - Top Loin
 - Top Sirloin
- Leanest Steaks
 - Bottom Round
 - Round Eye
 - Round Tip
 - Top Round
- Leanest Pork
 - Center Loin
 - Ham/Canadian Bacon
 - Pork Loin
 - Tenderloin
- Chicken/Turkey
 - 90% Lean Ground
 - Chicken Breast (Skinless)
 - Turkey (Cutlet, Skinless)
- Deli Meat: use 97% Lean
 - Ham
 - Lean Roast Beef
 - Turkey
- Other
 - Eggs
 - Eggs Whites/ Beaters
 - Soy Products
 - Tofu
 - Veggie Burger

Nuts & Seeds

- Almonds
- Cashews
- Chia Seeds
- Flax
- Hazelnuts
- Nut Butter
- Peanuts
- Peanut Butter
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin
- Soy Nuts
- Sunflower
- Walnuts

Fish

Fresh, frozen (without breading) or water-packed canned fish.

- Catfish
- Clams
- Cod
- Crab
- Haddock
- Herring
- Lobster
- Mussels
- Oysters
- Salmon
- Sardines (Water-packed)
- Scallops
- Shrimp
- Tilapia
- Trout
- Tuna (Water-packed)

Beans & Legumes

- Chick Peas
- Black Beans
- Black-eyed Peas
- Edamame
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pinto Beans
- Split Peas
- Soy Beans
- White Beans

Beverages

- Decaf. Coffee/Tea
- Flavored Water (sugar-free, non carbonated)
- Herbal Tea
- Water