



# Healthful Shopping List

## Vegetables:

(fresh, frozen, or canned without salt)

- Asparagus
- Avocado
- Beets
- Bell peppers
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn (sweet yellow)
- Cucumbers
- Eggplant
- Garlic
- Herbs
- Lettuce, dark green leaf
- Mushrooms
- Onions
- Peas
- Potatoes
- Spinach
- Squash
- Sweet potatoes
- Tofu
- Tomatoes
- Zucchini
- \_\_\_\_\_
- \_\_\_\_\_

## Grains:

- Barley
- Brown rice
- Oatmeal
- Popcorn (light)
- Quinoa
- Wheat berries
- Whole grain or whole wheat breads
- Whole grain cereal
- Whole wheat pasta

## Lean Protein:

- Chicken or turkey breast
- Fish, non-breaded
- Lean beef, pork (loin cuts)
- Shrimp/ seafood

## Legumes, Nuts, and Seeds:

- Almonds or almond butter
- Black beans
- Chickpeas (garbanzo beans)
- Flax
- Kidney beans
- Lentils
- Navy beans
- Peanut butter
- Peanuts
- Pine nuts
- Pinto beans
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Soybeans/ edamame
- Sunflower seeds
- Tofu
- Walnuts
- \_\_\_\_\_
- \_\_\_\_\_

## Canned:

(low- sodium, no added sugar)

- Apple Sauce, unsweetened
- Broth, low-sodium
- Pasta sauce, low-sodium
- Tomato paste
- Tomato sauce, no added salt
- Tomatoes, no added salt
- Tuna fish pocked in water

## Oils and Healthy Fats:

- Avocado
- Extra virgin olive oil
- Safflower oil
- Sunflower oil
- \_\_\_\_\_

## Beverages:

- Bottled water
- 100% fruit juice or vegetable juice
- Low fat milk
- Sparkling water
- Teas
- \_\_\_\_\_
- \_\_\_\_\_

## Fruits:

(fresh, frozen, or canned without sugar)

- Apples
- Apricots
- Bananas
- Berries
- Grapefruit
- Grapes
- Kiwi
- Lemons/Limes
- Mangos
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- \_\_\_\_\_
- \_\_\_\_\_

## Miscellaneous:

- Herbs
- Spices
- Dark chocolate
- Marinades
- Condiments

## Other:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

