

# Healthful Shopping List



## Vegetables:

- \_\_\_\_\_ asparagus
- \_\_\_\_\_ avocado
- \_\_\_\_\_ bell peppers
- \_\_\_\_\_ broccoli
- \_\_\_\_\_ cabbage
- \_\_\_\_\_ carrots
- \_\_\_\_\_ cauliflower
- \_\_\_\_\_ celery
- \_\_\_\_\_ corn
- \_\_\_\_\_ cucumbers
- \_\_\_\_\_ eggplant
- \_\_\_\_\_ garlic
- \_\_\_\_\_ herbs \_\_\_\_\_
- \_\_\_\_\_ lettuce, dark green
- \_\_\_\_\_ mushrooms
- \_\_\_\_\_ onions
- \_\_\_\_\_ peas
- \_\_\_\_\_ potatoes
- \_\_\_\_\_ spinach
- \_\_\_\_\_ squash
- \_\_\_\_\_ sweet potatoes
- \_\_\_\_\_ tofu
- \_\_\_\_\_ tomatoes
- \_\_\_\_\_ zucchini
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_

## Fruits:

- \_\_\_\_\_ apples
- \_\_\_\_\_ apricots
- \_\_\_\_\_ bananas
- \_\_\_\_\_ berries
- \_\_\_\_\_ grapefruit
- \_\_\_\_\_ grapes
- \_\_\_\_\_ kiwi
- \_\_\_\_\_ lemons/limes
- \_\_\_\_\_ mangos
- \_\_\_\_\_ melons
- \_\_\_\_\_ nectarines
- \_\_\_\_\_ oranges
- \_\_\_\_\_ peaches
- \_\_\_\_\_ pears
- \_\_\_\_\_ pineapple
- \_\_\_\_\_ plums
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_

## Dairy:

- \_\_\_\_\_ cheese, low-fat
- \_\_\_\_\_ eggs or egg whites
- \_\_\_\_\_ half & half, low-fat
- \_\_\_\_\_ margarine, light
- \_\_\_\_\_ milk
- \_\_\_\_\_ orange juice w/calcium
- \_\_\_\_\_ ricotta, low-fat
- \_\_\_\_\_ sour cream, low-fat
- \_\_\_\_\_ soy milk, fortified
- \_\_\_\_\_ yogurt, light

## Frozen:

- \_\_\_\_\_ chicken breast
- \_\_\_\_\_ fish fillet, non-breaded
- \_\_\_\_\_ fruits
- \_\_\_\_\_ vegetables
- \_\_\_\_\_ veggie burgers
- \_\_\_\_\_ \_\_\_\_\_

## Fish/Poultry/Lean Meat:

- \_\_\_\_\_ chicken or turkey breast
- \_\_\_\_\_ fish, non-breaded
- \_\_\_\_\_ lean beef, pork
- \_\_\_\_\_ shrimp/seafood

## Cereal: 3 g fiber, less than 10 g sugar

- \_\_\_\_\_ cream of wheat
- \_\_\_\_\_ oatmeal
- \_\_\_\_\_ shredded wheat
- \_\_\_\_\_ whole-grain cereal

## Canned: low-sodium, no added sugar

- \_\_\_\_\_ apple sauce, unsweetened
- \_\_\_\_\_ beans
- \_\_\_\_\_ broth, low-sodium
- \_\_\_\_\_ fruit in juice/light syrup
- \_\_\_\_\_ parmesan cheese
- \_\_\_\_\_ pasta sauce, low-sodium
- \_\_\_\_\_ salmon
- \_\_\_\_\_ soup, low-fat, low-sodium
- \_\_\_\_\_ tomato paste
- \_\_\_\_\_ tomato sauce, no added salt
- \_\_\_\_\_ tomatoes, no added salt
- \_\_\_\_\_ tuna fish in water
- \_\_\_\_\_ vegetables
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_

## Beverages:

- \_\_\_\_\_ bottled water
- \_\_\_\_\_ 100% fruit juice
- \_\_\_\_\_ sparkling water

## Dried and Packaged:

- \_\_\_\_\_ baked chips
- \_\_\_\_\_ baking powder, soda
- \_\_\_\_\_ barley
- \_\_\_\_\_ beans
- \_\_\_\_\_ brown rice
- \_\_\_\_\_ cocoa powder
- \_\_\_\_\_ corn meal
- \_\_\_\_\_ couscous
- \_\_\_\_\_ herbs \_\_\_\_\_
- \_\_\_\_\_ flour, whole grain
- \_\_\_\_\_ lentils, dried peas
- \_\_\_\_\_ nuts, nut butters
- \_\_\_\_\_ oil, vegetable
- \_\_\_\_\_ oil, canola & olive
- \_\_\_\_\_ pasta, whole grain
- \_\_\_\_\_ peanut butter
- \_\_\_\_\_ popcorn, low-fat
- \_\_\_\_\_ quinoa
- \_\_\_\_\_ raisins
- \_\_\_\_\_ rice, brown or wild
- \_\_\_\_\_ spices \_\_\_\_\_
- \_\_\_\_\_ vanilla extract

## Condiments:

- \_\_\_\_\_ chocolate, syrup
- \_\_\_\_\_ jam, light
- \_\_\_\_\_ ketchup, no-salt
- \_\_\_\_\_ mayo low-fat
- \_\_\_\_\_ mustard
- \_\_\_\_\_ salad dressing, low-fat
- \_\_\_\_\_ salsa
- \_\_\_\_\_ soy sauce, light
- \_\_\_\_\_ syrup, sugar-free
- \_\_\_\_\_ vinegar \_\_\_\_\_
- \_\_\_\_\_ Worcestershire

## Bread:

- \_\_\_\_\_ 100% whole-wheat bread
- \_\_\_\_\_ corn tortillas
- \_\_\_\_\_ crackers, low-fat, whole grain
- \_\_\_\_\_ pitas, whole-wheat
- \_\_\_\_\_ \_\_\_\_\_