



Healthy Shopping List

Stock your Pantry

with these healthy ingredients to make healthy meals a reality.

Whole Grains

Choose whole grains for superior nutrition longer satisfaction. To identify whole grains, look at the ingredient list. The word “whole” must precede the grain. *Wheat flour, enriched wheat flour and unbleached wheat flour are not whole grain.*

Fruits & Vegetables

Stock up on fresh, frozen, and canned versions of your favorites. Save money and buy fresh items on sale or in season.

Low & Non-Fat Dairy or Dairy Alternatives

The easiest way to get recommended amounts of calcium and vitamin D. Choose low/non-fat dairy versions to leave saturated fat behind. Be sure soy products are fortified with calcium and vitamin D.

Protein-Rich Foods

Eat a variety of protein sources including lean meats and fiber-rich plant proteins.

Hearty Healthy Oils

Use measured amounts of these essential oils to increase flavor and satisfaction.

Whole Grains

- Whole grain breads
- Whole wheat English muffins
- Whole wheat bagels, mini bagels
- Whole wheat or corn tortillas
- Whole wheat pitas
- Cereal (Cheerios, Total, Wheaties, Life, oatmeal)
- Whole wheat pasta
- Brown rice, wild rice
- Whole wheat couscous
- Crackers (100% Whole Grain/ Multi Grain Wheat Thins, Triscuits)
- Whole wheat pizza crust

Protein-Rich Foods

Lean Meats

- Chicken Breast
- Turkey Breast
- Canned Light Tuna
- “Select” grades of meat: Round, Sirloin, Flank, Tenderloin, Rib, Chuck, Rump
- Salmon, Cod, Flounder, Trout
- Shrimp (cheaper to buy frozen)
- Eggs, Egg substitute
- 1% or Nonfat Cottage Cheese
- 0% Greek Yogurt

Plant Proteins

- Nuts/Seeds
- Nut butter
- Canned Beans (rinse)
- Tofu
- Hummus
- Soy/Bean burger patty

Low & Non-Fat Dairy or Dairy Alternatives

- 1% or skim milk
- Nonfat plain yogurt (Greek too)
- Reduced fat cheeses
- Calcium/Vit D fortified soy milk/cheese

Oils

- Olive oil, canola oil
- Smart Balance or oil- based spread

Starchy Vegetables

- Potatoes
- Sweet potatoes
- Winter squashes (acorn, butternut)

Non-Starchy Vegetables

Buy Fresh:

- Leafy greens
- Baby carrots
- Celery
- Cucumbers
- Bell Peppers
- Tomatoes
- Zucchini, yellow squash
- Onion

Buy Frozen:

- Broccoli
- Cauliflower
- Green beans
- Vegetable mixes with no added sauce

Buy canned (jar):

- Artichokes
- Tomato Sauce
- Salsa

Fruits

Buy Fresh:

- Apples
- Bananas
- Grapes
- Oranges, Nectarines
- Pears
- Cantaloupe
- Strawberries

Buy Frozen:

- Blueberries, raspberries, black berries

Buy Canned in Juice:

- Pineapple
- Peaches

