# 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

## 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

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