



## Healthy Shopping List

### Stock your Pantry

with these ingredients to make it easier to assemble health-promoting meals.

### 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-fat Dairy or Dairy Alternatives

The easiest way to get recommended amounts of calcium and vitamin D. Choose low-fat dairy versions to leave saturated fat behind. \*Soy milk is the closest to dairy milk in protein content.

### Protein-Rich Foods

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

### Hearty Healthy Oils

These essential oils 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
- Quinoa
- Crackers (100% Whole Grain)
- Whole wheat pizza crust

### Protein-Rich Foods

#### Lean Meats

- Poultry (skinless): chicken, turkey
- Shellfish: shrimp, scallops, clams, oysters, mussels
- Fish: cod, flounder, trout, canned light tuna, salmon, mackerel, pollock (imitation crab)
- Pork: Canadian bacon, tenderloin
- Beef: round/sirloin/flank steaks, lean ground beef, tenderloin
- Eggs
- Low-fat Cottage Cheese
- Greek Yogurt

#### Plant Proteins

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

### Low-fat Dairy or Dairy Alternatives

- Low-fat milk
- Yogurt
- Calcium/Vit D fortified soy milk\*

### 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