



Budget-Friendly 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 and 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.

Dairy or Dairy Alternatives

The easiest way to get recommended amounts of calcium and vitamin D. 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, pitas
- Whole wheat bagels
- Whole wheat pasta
- Farro or whole grain couscous
- Crackers (100% Whole Grain/Multi Grain Wheat Thins, Triscuits)
- Cereal (Cheerios, Total, Wheaties, Life)
- Corn tortillas or whole wheat tortillas
- Oatmeal
- Brown rice
- Buckwheat, Millet, Quinoa
- Whole Grain Pizza Crust

Protein-Rich Foods

Lean Meats

- Chicken (canned, whole bird, assorted cuts) or turkey
 - Canned Light Tuna
 - Fish/Shellfish (try frozen or canned)
 - Eggs
 - Cottage Cheese
 - Greek Yogurt
- #### Plant Proteins
- Nuts/Seeds
 - Nut butter
 - Beans (canned or dried)
 - Lentils
 - Soybeans/Edamame
 - Tofu

Dairy or Dairy Alternatives

- Milk/Soy milk (including boxed, powdered)
- Yogurt (regular or Greek)

Starchy Vegetables

- Potatoes
- Sweet potatoes
- Winter squashes (acorn, butternut)
- Corn, peas (try frozen, canned)

Non-Starchy Vegetables

Buy Fresh:

- Leafy greens
- Carrots
- Celery
- Cucumbers
- Zucchini, yellow squash
- Onion

Buy Frozen:

- Broccoli
- Cauliflower
- Green beans
- Brussels Sprouts
- Bell peppers
- Vegetable mixes

Buy canned/jarred:

- Tomatoes/tomato sauce
- Artichoke Hearts
- Salsa

Fruits

Buy Fresh:

- Apples
- Bananas
- Oranges, Nectarines
- Pears
- Cantaloupe, Honeydew

Buy Frozen:

- Berries
- Mango
- Cherries

Buy Canned in 100% Juice:

- Pineapple
- Peaches
- Applesauce

Flavors

- Lemon/lime
- Balsamic vinegar
- Garlic
- Salt/pepper
- Dried/fresh herbs – rosemary, oregano, basil, thyme
- Low-Sodium Stock

Oils

- Plant oils – olive, canola, etc.
- Smart Balance or oil-based spread