

## HEALTHY SHOPPING CHECK LIST

### Vegetables:

- lettuce
- spinach
- tomatoes
- cucumbers
- bell peppers
- mushrooms
- avocado
- carrots
- celery
- broccoli
- zucchini
- squash
- eggplant
- kale, collards, etc.
- cauliflower
- cabbage
- corn
- herbs \_\_\_\_\_
- onions - green & bulb
- garlic
- potatoes
- tofu
- other \_\_\_\_\_

### Fruits:

- strawberries
- raspberries
- blueberries
- bananas
- apples
- pears
- peaches
- plums
- watermelon
- cantaloupe
- honeydew
- pineapple
- oranges
- grapefruit
- lemons/limes
- grapes
- Kiwi
- other: \_\_\_\_\_

### Packaged Food:

- baked tortilla chips
- baked potato chips
- whole grain crackers

### Cereal:

(buy whole grain cereal with >5 g fiber and < 10 g sugar per serving)

- shredded wheat
- oatmeal
- other \_\_\_\_\_

### Canned Goods:

- tomatoes
- tomato paste
- tomato sauce
- pasta sauce
- hominy
- black beans
- pinto beans
- cannellini beans
- garbanzo beans or chick peas
- kidney beans
- low-fat soup
- chicken broth
- canned fruits in juice
- applesauce, unsweetened
- canned vegetables
- tuna fish in water
- parmesan cheese

### Dried Goods:

- beans
- lentils
- brown rice
- couscous
- basmati rice
- macaroni
- lasagna
- fetucini/linguini
- spaghetti
- penne
- barley
- cornmeal
- raisins
- walnuts
- almonds
- unsalted peanuts
- pecans
- vanilla extract
- baking powder
- baking soda
- cocoa powder
- prune puree
- peanut butter
- herbs \_\_\_\_\_
- spices \_\_\_\_\_
- vegetable oil spray
- herb tea

### Shopping Tips~

- \* Copy this list and use it to plan meals and create a shopping list
- \* Plan your meals around vegetables, fruits, whole grains and beans instead of meat (e.g. choose pasta stirfrys, salads, soups chili and baked potatoes)
- \* Fill half your cart with produce (fresh, frozen or canned)
- \* Experiment with new vegetables, new pasta shapes and new grains

### Condiments:

- light ketchup
- mustard
- relish
- light soy sauce
- balsamic vinegar
- vinegar \_\_\_\_\_
- Worcestershire
- fat-free mayonnaise
- reduced-calorie syrup
- low-fat salad dressing
- light jam
- light chocolate syrup

### Bread:

- 100% whole wheat
- whole wheat pitas
- low-fat tortillas
- corn tortillas

### Dairy:

- fat free light yogurt
- low-fat cheese shreds
- skim milk
- fortified soy milk
- orange juice w/calcium
- nonfat ricotta cheese
- nonfat sour cream

### Frozen:

- veggie burgers
- vegetable medley
- peas with carrots
- plain corn
- frozen fruits
- rice & stir fry vegetables
- spinach/kale
- winter squash
- brussels sprouts
- black eyed peas
- lima beans

### Poultry/Fish

- turkey breast
- chicken breast
- fish/shrimp