

# Healthy Shopping List

shopping list  
x fruits  
x vegetables  
x grains/bread  
x dairy

## Vegetables

- \_\_\_\_\_ Lettuce
- \_\_\_\_\_ Spinach
- \_\_\_\_\_ Tomatoes
- \_\_\_\_\_ Cucumbers
- \_\_\_\_\_ Bell Peppers
- \_\_\_\_\_ Mushrooms
- \_\_\_\_\_ Carrots
- \_\_\_\_\_ Celery
- \_\_\_\_\_ Broccoli
- \_\_\_\_\_ Cabbage
- \_\_\_\_\_ Onions
- \_\_\_\_\_ Garlic
- \_\_\_\_\_ Potatoes
- \_\_\_\_\_ Sprouts

## Fruits

- \_\_\_\_\_ Apples
- \_\_\_\_\_ Bananas
- \_\_\_\_\_ Berries
- \_\_\_\_\_ Papaya
- \_\_\_\_\_ Pineapples
- \_\_\_\_\_ Mangoes
- \_\_\_\_\_ Oranges
- \_\_\_\_\_ Plums
- \_\_\_\_\_ Grapes
- \_\_\_\_\_ Tangerines
- \_\_\_\_\_ Cherries
- \_\_\_\_\_ Lemon/Limes
- \_\_\_\_\_ Melons
- \_\_\_\_\_ Raisins

## Frozen Foods

- \_\_\_\_\_ Stir-fry vegetables
- \_\_\_\_\_ Veggie burgers or breakfast patties
- \_\_\_\_\_ Soy beans

## Breads & Grains

- |                            |                            |
|----------------------------|----------------------------|
| _____ Whole-grain bread    | _____ Brown rice           |
| _____ Whole-wheat tortilla | _____ Whole-grain crackers |
| _____ Whole-wheat pita     | _____ Whole-wheat pasta    |

## Cereals

- |                         |                                |
|-------------------------|--------------------------------|
| _____ Oatmeal           | _____ Bran cereal with raisins |
| _____ Shredded wheat    | _____ Protein & fiber cereal   |
| _____ High-fiber cereal |                                |

## Poultry/Fish/Meat

- |                               |                              |
|-------------------------------|------------------------------|
| _____ Fish                    | _____ Lean deli meats        |
| _____ Shrimp                  | _____ Tofu                   |
| _____ Turkey breast           | _____ Lean beef or pork      |
| _____ Skinless chicken breast | _____ Eggs or egg substitute |

## Dairy

- |                                   |                              |
|-----------------------------------|------------------------------|
| _____ Skim or 1% milk             | _____ Nonfat sour cream      |
| _____ Light nonfat yogurt         | _____ Parmesan cheese        |
| _____ Mozzarella or string cheese | _____ Low-fat cottage cheese |
| _____ Light soy milk              |                              |

## Canned Goods

- |                                      |                              |
|--------------------------------------|------------------------------|
| _____ Beans                          | _____ Tuna                   |
| _____ Reduced-sodium vegetable soups | _____ Unsweetened applesauce |
| _____ Tomato sauce                   |                              |

## Condiments

- |                            |                                |
|----------------------------|--------------------------------|
| _____ Ketchup              | _____ Chili sauce              |
| _____ Mustard              | _____ Herbs and spices         |
| _____ Balsamic vinegar     | _____ Olive oil                |
| _____ Light salad dressing | _____ Trans fat-free margarine |
| _____ Light mayonnaise     | _____ Salsa                    |
| _____ Light shoyu          |                                |

## Shopping Tips

- Plan your meals around fruits, vegetables, and whole grains instead of meat and starch.
- Fill half of your cart with fruits and vegetables: Fresh, frozen, or canned.
- Use this list to plan meals.