

Healthful Shopping List



Vegetables:

- _____ avocado
- _____ bell peppers
- _____ broccoli
- _____ cabbage
- _____ carrots
- _____ cauliflower
- _____ celery
- _____ corn
- _____ cucumbers
- _____ eggplant
- _____ garlic
- _____ herbs _____
- _____ kale, collards
- _____ lettuce, dark green
- _____ mushrooms
- _____ onions
- _____ potatoes
- _____ spinach
- _____ squash
- _____ sweet potatoes
- _____ tofu
- _____ tomatoes
- _____ zucchini
- _____
- _____
- _____

Fruits:

- _____ apples
- _____ bananas
- _____ berries
- _____ grapefruit
- _____ grapes
- _____ kiwi
- _____ lemons/limes
- _____ melons
- _____ oranges
- _____ peaches
- _____ pears
- _____ pineapple
- _____ plums
- _____ watermelon
- _____
- _____

Dairy:

- _____ cheese, low-fat/reduced fat
- _____ egg whites
- _____ half & half, fat-free
- _____ margarine, light tub
- _____ milk, skim
- _____ orange juice w/ calcium
- _____ ricotta, nonfat
- _____ sour cream, nonfat
- _____ soy milk, fortified
- _____ yogurt, fat-free, light

Frozen:

- _____ black-eyed peas
- _____ broccoli
- _____ corn
- _____ frozen fruits, unsweetened
- _____ lima beans
- _____ peas with carrots
- _____ spinach/kale
- _____ vegetable mixes
- _____ winter squash

Fish/Poultry/Lean Meat:

- _____ chicken or turkey breast
- _____ fish (not breaded)
- _____ lean beef, pork
- _____ shrimp/seafood

Cereal:

- *3 g fiber, less than 10 g sugar*
- _____ oatmeal
- _____ shredded wheat
- _____ whole-grain cereal

Canned:

- *low-sodium, no added sugar*
- _____ apple sauce, unsweetened
- _____ beans
- _____ fruit in juice/water
- _____ chicken broth, low-sodium
- _____ hominy
- _____ parmesan cheese
- _____ pasta sauce, low-sodium
- _____ soup, low-fat, low-sodium

- _____ tomato paste
- _____ tomato sauce, no added salt
- _____ tomatoes, no added salt
- _____ tuna fish in water
- _____ vegetables

Dried and Packaged:

- _____ baked chips
- _____ baking powder, soda
- _____ barley
- _____ beans
- _____ brown rice
- _____ cocoa powder
- _____ corn meal
- _____ herbs _____
- _____ flour, whole grain
- _____ lentils, dried peas
- _____ nuts, nut butters
- _____ pasta
- _____ peanut butter
- _____ popcorn, low-fat
- _____ raisins
- _____ spices _____
- _____ Splenda
- _____ vanilla extract
- _____ vegetable oil

Condiments:

- _____ chocolate syrup, light
- _____ jam, light
- _____ ketchup, no-salt
- _____ mayo, low-fat
- _____ mustard
- _____ salad dressing, low-fat
- _____ soy sauce, light
- _____ syrup, sugar-free
- _____ vinegar _____
- _____ Worcestershire

Bread:

- _____ 100% whole-wheat bread
- _____ corn tortillas
- _____ low-fat tortillas
- _____ whole-grain crackers, low-fat
- _____ whole-wheat pitas