

Food Shopping List with Healthy Tips



Vegetables

- _____ Vegetables in season (pick 3-5)
- _____ Fresh vegetables for salads
- _____ Lettuce for salads
- _____ Frozen vegetables (plain)
- _____ Potatoes/sweet potatoes
- _____ Tomatoes
- _____ Garlic
- _____ Onions

Fruits

- _____ Fruits in season (pick 3 to 5)
- _____ Frozen fruits (unsweetened)
- _____ Apples
- _____ Bananas
- _____ Berries
- _____ Grapes
- _____ Grapefruit
- _____ Lemons/Limes
- _____ Melon
- _____ Oranges
- _____ Peaches
- _____ Pears
- _____ Plums

Dairy

- _____ Eggs
- _____ Cheese (less than 20% MF)
- _____ Milk (skim or 1%)
- _____ Sour cream (low fat)
- _____ Yogurt (low fat)

Fish, poultry, and lean meat

- _____ Beef (lean)
- _____ Chicken/turkey (skinless)
- _____ Fish (not breaded)
- _____ Pork (lean)

Cereal* *at least 4 grams (g) fiber, less than 8 g sugar

- _____ Oatmeal
- _____ Shredded wheat/Weetabix
- _____ Whole-grain cereal

Canned foods[†] †Low sodium, no added sugar

- _____ Beans
- _____ Chicken broth (low sodium)
- _____ Fruit (in water or its own juices)
- _____ Pasta sauce (low sodium)
- _____ Soup (low fat, low sodium)
- _____ Tomatoes/sauce (no added salt)
- _____ Tuna/salmon/sardines in water

Dried and packaged foods

- _____ Barley
- _____ Beans
- _____ Brown rice
- _____ Dried peas
- _____ Herbs
- _____ Lentils
- _____ Nut butters
- _____ Nuts
- _____ Pasta (whole wheat)
- _____ Popcorn (low fat)
- _____ Raisins
- _____ Spices: _____
- _____ Vegetable oil

Condiments

- _____ Jam (no added sugar)
- _____ Ketchup
- _____ Mayonnaise (low fat)
- _____ Salad dressing
- _____ Soy sauce (reduced sodium)
- _____ Vinegar
- _____ Margarine (non-hydrogenated)

Bread

- _____ Whole-grain/Whole-wheat/Rye
- _____ Whole-grain crackers (low fat)
- _____ Corn tortillas
- _____ Whole-wheat pitas

Other:
