

# Grocery List

For Healthy Living



## Breads & Grains

- 100% whole wheat bread
- Light or whole wheat English muffins
- Whole wheat couscous
- Sandwich or bagel thins
- Corn or whole wheat tortillas
- Plain oats: Steel cut or old-fashioned
- Whole grains: brown rice, bulgur, barely, or quinoa

**TIPS:** Look for 100% whole wheat as the first ingredient. Also, look for at least 3g of fiber per slice.

## Fruits & Vegetables

- Fruits & Vegetables without sauce (fresh, frozen, or canned)

**TIPS:** Look for low-sodium vegetables & fruit in 100% juice.

## Dairy & Alternatives

- Low-fat or fat-free milk
- Unsweetened almond or soy milk
- Plain, non-fat Greek yogurt
- Cheese: feta, parmesan, mozzarella, provolone, or swiss

## Crackers & Snack Foods

- Nuts or seeds
- Popcorn (air-popped or light)
- Hummus
- Whole wheat crackers
- Baked tortilla chips

**TIPS:** Look for crackers with at least 3g of fiber & unsalted nuts and seeds.

## Dressings & Condiments

- Vinegars: rice, wine, balsamic
- Herbs & spices (dried or fresh)
- Mustard
- Salsa
- Marinara
- Oil-based salad dressings
- Minced garlic or ginger
- Lemon or lime juice

**TIPS:** Look for products free of MSG and any added sugars. Also, avoid cream based sauces and dressings like ranch, bleu cheese, and alfredo.

## Fats & Oils

- Olive, canola, grapeseed, walnut, sesame seed, or flaxseed oil
- Spreads: plant butter or nut butter

**TIPS:** Look for products free of fully and partially hydrogenated oils.

## Meats & Proteins

- Salmon, halibut, tuna, tilapia, shrimp, catfish, scallops, or sardines (if canned, packaged in water)
- Pork loin, pork chops, or pork roast
- Chicken or turkey: breasts or thighs (no skin)
- Eggs or egg substitutes
- Lean beef: sirloin, chuck, round, tenderloin (93% lean or higher is best)
- Lunch meat: ham, turkey, chicken, roast beef (nitrate-free & low-sodium)
- Beans: any kind, dry or canned (low-sodium)
- Tofu, tempeh, or edamame

**TIPS:** Look for "Choice" or "Select" cuts of meat rather than "Prime." Prime cuts are fattier. Limit highly processed and imitation meat products like sausage, bacon, pepperoni, and hot dogs.