

Healthy Shopping Checklist

Vegetables

Fresh, frozen or canned
A low sodium canned vegetable will have less than 140 mg sodium per serving

- Asparagus
- Artichoke
- Green Beans
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumber
- Eggplant
- Greens
- Mushrooms
- Onions
- Pea pods
- Peppers (all varieties)
- Spinach
- Summer Squash
- Tomato
- Zucchini

Starchy

Vegetables

- Potato
- Corn
- Peas
- Winter Squash

Fruits

Fresh, frozen or canned
packed in its own juice

- Apples
- Apricot
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Dates
- Figs
- Grapes
- Kiwi
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Cereals

Choose a whole grain cereal with less than 5 grams of sugar and with 3 to 5 grams of fiber per serving

- All Bran
- Oatmeal
- Other

Breads

Choose whole grain breads and rolls with the words "whole wheat", "multigrain", "cracked wheat", "oat", "rye" or "millet" as the first ingredient.

Dairy

- 1% or fat free milk
- 1% cottage cheese
- light yogurt
- low fat ricotta cheese
- Reduced fat cheese
- Soy Milk
- Light sour cream
- Light cream cheese
- Egg substitutes
- 99% Fat Free Cream Soup

Meat and Poultry

Lean Beef

Choose lean ground beef.
The label should read at
least 90% lean.

Leanest steaks:

- Top Round
- Round eye
- Bottom round
- Round tip

Leanest Roast:

- Top loin
- Top sirloin
- Chuck shoulder
- Arm roasts

Leanest pork:

- Pork loin
- Tenderloin
- Center loin
- Ham

Chicken/Turkey

- Skinless chicken breasts
- Skinless Turkey cutlet
- Ground Turkey

Fish, Shellfish and mollusks (oysters, clams, scallops and mussels)

- Low saturated fat and lower in total
fat and calories)

- Water packed canned fish
- Fresh fish
- Frozen fish without breading

Deli Meat

Choose 97% lean meat

- soy hot dog
- fat free hot dog
- lean roast beef
- Turkey
- Ham

Pasta, Rice, and Grains

Choose whole grain pasta, couscous,
polenta, bulgur, buckwheat, barley,
oatmeal, oat bran, quinoa, grits, kasha,
cracked wheat, wild rice, and brown rice

Legumes (peas, lentils, and Beans)

Choose split peas, black-eyed peas
Kidney beans, navy beans, black beans
Great northern beans, lentils garbanzos
(Chick peas), lima beans, pinto beans.

Nuts and Nut Butters

Choose a variety of nuts, including almonds, peanuts, pecans, pistachios, pine nuts, cashews, hazelnuts and walnuts.

- Reduced-fat nut butters
- Natural Peanut butter
- Reduced-fat peanut butter
- Roasted soy nuts without oil

Frozen Entrees

Choose frozen prepackaged entrees with 400 calories or less, less than 15 grams of fat and 800 mg of sodium

- Veggie Burgers
- Lean Cuisine
- Smart Ones
- Weight Watchers
- Frozen breakfast entrees
(Less than 350 calories per serving)

Fats

- Olive oil
- Canola oil
- Peanut oil
- Nonstick cooking sprays
- Light margarine
- Spray butter
- Light or reduced fat salad dressing
- Light or reduced fat mayonnaise

Snacks/Desserts

Snack Guidelines per serving:
100-150 calories

Less than 5 grams of sugar
Less than 5 grams of fat

- Sugar free popsicles
- Sugar free, nonfat ice cream
- Sugar free, non fat fudge bars
- Sugar free, low fat pudding
- Air popped popcorn
- 94% fat free popcorn
- pretzels
- Animal crackers
- Graham crackers
- Rice cakes
- Popcorn cakes
- Soy crisps
- Baked chips
- Vegetable chips

Beverages

- Skim or 1% milk
- Crystal light
- Minute Maid light
- Decaffeinated coffee and tea
- Sugar free fruit drink mixes
- Water

Condiments

- Sugar free maple syrup
- Sugar free jelly