

# Grocery List for Healthy Eating



## Produce

### Fresh Fruits

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Fresh Vegetables

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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## Meat and Meat Alternatives

- Lean beef – tenderloin, top sirloin, round/chuck/flank, rump, ground round
- Lean pork – chops, low-sodium ham
- Poultry – (fresh or frozen) chicken or turkey
- Buffalo meat
- Fish/seafood – unbreaded (fresh or frozen)
- Soy or veggie – burgers
- Tofu, water-packed
- Tempeh, unflavored

## Frozen Foods

- Fruit (example: berries)
- Vegetables, without sauces
- Fruit juice, unsweetened

## Baked Goods

- Whole grain bread
- Whole grain English muffins
- Whole grain pita bread
- Angel food cake

## Canned Foods (Low-sodium)

- Low-sodium beans – kidney, black, pinto, garbanzo
- Peanut butter or nut butter
- Tuna, water-packed
- Low-sodium soup
- Low-sodium spaghetti sauce
- Fruit, in light syrup or fruit juice
- Low-sodium vegetables

## Grain Products

- Whole grain cold cereal
- Oatmeal
- Whole wheat flour
- Whole grain pasta
- Brown rice
- Quinoa
- Popcorn, low-fat and low-sodium
- Crackers, whole grain and low-sodium

## Beverages

- Skim or 1% milk
- Vegetable juice, low-sodium
- Unsweetened carbonated water
- Unsweetened tea

## Other

- Sunflower seeds, unsalted
- Hummus
- Cottage cheese, low-fat
- Yogurt, low-fat, unsweetened
- Almonds, unsalted
- Low-sodium soy sauce
- Garlic and onion powder
- Red and black pepper
- Herbs: Parsley, basil, oregano, dill
- Lemon juice, lime juice for seasoning
- Garlic, fresh or minced
- Salsa, low-sodium
- Olive oil

**Note:** If you are pregnant, have diabetes, kidney disease, or other health conditions, review food options with your doctor or healthcare provider.