

Healthy & Handy Grocery List



FRUITS & VEGETABLES

Buy fresh and frozen most often

Low-Carb Veggies

- Artichokes
- Asparagus
- Baby carrots
- Broccoli
- Cauliflower
- Eggplant
- Fresh or canned tomatoes
- Frozen veggies
- Other
- Green beans
- Jicama
- Mushrooms
- Onions
- Snow peas
- Romaine/spinach
- Summer squash
- 100% vegetable juice
- Zucchini

Wholesome Fruit

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Canned fruit (in own juice)
- Cantaloupe
- Cherries
- Other:
- Frozen fruit
- Kiwi
- Oranges
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries



FIBER-RICH CARBS

Choose cereal with 4 or more grams of fiber

Cereal

- Bran flakes
- Cinnamon oatmeal squares
- Kashi® GOLEAN
- Other
- Plain/light instant oatmeal
- Shredded wheat
- Steel-cut oatmeal

Breads, Crackers, Other Whole

- All Bran® crackers
- Arnold® sandwich thins
- RyKrisp® cracker
- Whole-grain mini bagels
- Whole-grain pitas
- Whole-wheat breads and rolls
- Whole-wheat tortillas
- Whole-wheat waffles
- Other.

Pasta, Rice and Starchy Veggies

- Brown/wild rice
- Corn and peas
- Dreamfields® pasta
- Other.
- Quinoa
- Sweet potatoes
- 100% whole-wheat pasta



LEAN PROTEIN

Choose beef with "loin" or "rounded" on the label

Beans, Nuts, Vegetarian Choices

- Almond
- Black beans
- Boca® burgers
- Kidney beans
- Other.
- Lentil soup
- Peanut butter
- Tofu
- Walnuts

Fish and Seafood

- Cod
- Halibut
- Rainbow trout
- Other.
- Salmon
- Shrimp
- Canned Tuna

Beef, Chicken, Other Animal

- Eggs
- Lean, extra lean ground turkey
- Reduce-fat cheese
- Pork loin, tenderloin
- Sirloin
- Other
- Skinless chicken breast
- Skinless, turkey breast
- Turkey hot dogs, bacon and burgers
- 90-95% lean ground beef
- 2% Cottage cheese

LOW-FAT DAIRY

Pick yogurt that have less than 20 grams carb per cup

- Skim/1% milk
- Plain, calcium-fortified soymilk
- Light, flavored milk and soymilk
- Other
- Plain, nonfat yogurt
- Light, flavored yogurt
- Light smoothies

HEALTHY FATS

Eat with colorful fruits and veggies

- Avocado
- Nuts
- Canola oil
- Ground flaxseed
- Light mayo
- Other.
- Light salad dressing
- Light tub margarines
- Olives
- Olive oil

SWEETS & TREATS

Choose snacks with 2 or more grams of fiber

- Dry roasted peanuts
- Light ice cream
- Hummus
- Baked® chips
- Kashi bars
- Other.
- Low-sugar jelly
- String cheese
- Mini pizza
- 100-calorie popcorn
- Frozed peaches



FLAVORFUL ADDITIONS

Use these instead of the salt shaker

- Balsamic vinegar
- Basil
- Cilantro
- Other
- Garlic
- Ginger
- Low-fat mayo
- Salsa



OTHER ITEMS

- _____
- _____
- _____
- _____
- _____