

eat healthy. Shopping List



It's good to be Blue.

Vegetables:

- avocado
- bell peppers
- broccoli
- cabbage
- carrots
- cauliflower
- celery
- collard or turnip greens
- corn
- cucumbers
- garlic
- lettuce
- mushrooms
- onions
- potatoes
- spinach
- squash
- tomatoes
- other: _____

Fruits:

- apples
- bananas
- blueberries
- cantaloupe
- grapefruit
- grapes
- honeydew melon
- lemons/limes
- oranges
- peaches
- pears
- pineapple
- plums
- raspberries
- strawberries
- watermelon
- other: _____

Packaged:

- baked potato chips
- baked tortilla chips
- whole-grain crackers

Cereal:

Buy whole-grain cereal with > 3 g fiber and < 10 g sugar per serving.

- oatmeal
- shredded wheat
- other: _____

Canned:

- Compare brands to find low-sodium versions.
- canned beans
 - canned fruit (in juice)
 - canned vegetables
 - chicken broth
 - low-fat soup
 - Parmesan cheese
 - pasta sauce
 - tomato paste
 - tomato sauce
 - tomatoes
 - tuna fish (in water)
 - unsweetened applesauce

Dried:

- almonds
- beans
- brown rice
- corn meal
- herbs (i.e. basil, thyme)
- lasagna
- macaroni
- raisins
- spaghetti
- spices (i.e. cinnamon, nutmeg)
- walnuts

Condiments:

- light chocolate syrup
- light jam
- light soy sauce
- low-fat mayo
- low-fat salad dressing
- mustard
- no-salt ketchup
- peanut butter
- reduced-cal syrup
- relish
- vanilla extract
- vinegar
- Worcestershire

Baking/Cooking Essentials:

- baking powder
- baking soda
- cocoa powder
- vegetable oil

Bread:

- low-fat tortillas
- 100% whole-wheat bread
- whole-wheat pitas

Dairy:

- fortified soy milk
- light sour cream
- light yogurt
- low-fat cheese
- orange juice w/ calcium
- skim milk

Frozen:

Find items that are low in saturated fat and sodium. Plain fruits and vegetables are best. Fast-assembly meals that have the sauce packet separate are much better choices than prepared items since you have control over how much sauce you add.

- black-eyed peas
- Brussels sprouts
- frozen fruits
- lima beans
- peas with carrots
- plain corn
- rice & stir-fry medley
- spinach/kale
- veggie burgers
- winter squash

Poultry/Fish:

- chicken breast
- fish/shrimp
- turkey breast

Shopping Tips:

- Copy this list and use it to plan meals.
- Plan your meals around vegetables, fruits, whole grains and beans instead of meat. Try vegetable-heavy pasta, stir-fries, salads, soups, chili and baked potatoes.
- Fill half your cart with produce (fresh, frozen or canned).
- Experiment with new vegetables, new pasta shapes and new grains.