Healthy Food Shopping Guide

Breads

___ corn or whole wheat tortillas
___ 100% whole wheat bread
___ multigrain breads
___ oat bread
___ 100% whole wheat pitas
___ other

Cereals

(Look for whole grain cereals with more than 3 grams of fiber and less than 10 grams of sugar per serving.)

___ cream of wheat or rice
___ bran, bran flakes
___ oatmeal
___ shredded wheat
___ other

Grains

___ barley
___ brown rice, wild rice
___ bulgur and durum wheat
___ corn meal
___ couscous
___ millet
___ quinoa (high in protein)
___ rice
___ wheat bran, wheat germ
___ other

Pasta

___ egg noodles
___ rice noodles
___ whole wheat pasta
___ vegetable-flavored pasta
___ gluten-free pasta
___ other

Fruits - (Choose fruits that are in season.)

___ apples
___ bananas
___ berries
___ cherries
___ cranberries
___ grapefruit
___ grapes
___ lemons, limes
___ kiwi
___ melons
___ oranges, tangerines
___ tropical fruits
___ peaches, nectarines
___ pears
___ plums
___ watermelon
___ other

Vegetables

(Dark green leafy vegetables are good sources of iron, calcium, and vitamin A.)

___ asparagus
___ avocado
___ beets
___ bell peppers
___ broccoli
___ Brussels sprouts
___ Cabbage, Chinese cabbage
___ carrots
___ cauliflower
___ celery
___ collard greens
___ corn
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<tbody>
<tr>
<td>___ cucumbers</td>
<td>___ soy butter</td>
<td>___ low-fat or skim milk</td>
<td>___ almonds</td>
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<tr>
<td>___ eggplant</td>
<td>___ soy beans</td>
<td>___ soy milk, fortified</td>
<td>___ cashews</td>
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<tr>
<td>___ green beans</td>
<td>___ split peas</td>
<td>___ low-fat cheeses</td>
<td>___ pecans</td>
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<td>___ leeks</td>
<td>___ other</td>
<td>___ low-fat sour cream</td>
<td>___ peanuts (no oil, no salt)</td>
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<td>___ lettuce</td>
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<td>___ low fat yogurt</td>
<td>___ walnuts</td>
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<td>___ mushrooms</td>
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<td>___ orange juice with calcium</td>
<td>___ pumpkin, sunflower, sesame seeds</td>
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<td>___ onions, green and bulb</td>
<td></td>
<td>___ soy cheese, soy yogurt</td>
<td>___ soy nuts</td>
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<td>___ peas</td>
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<td>___ other</td>
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<tr>
<td>___ potatoes, sweet potatoes</td>
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<tr>
<td>___ pumpkin, squash</td>
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<td>___ radishes</td>
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<td>___ spinach</td>
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<td>___ tomatoes</td>
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<td>___ turnips</td>
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<td>___ zucchini, squash</td>
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<td>___ other</td>
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<td>Dried Fruits (choose unsweetened without oils or sulphites.)</td>
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<td>___ dried apricots</td>
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<td>___ dried apples</td>
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<td>___ dried cranberries</td>
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<td>___ prunes</td>
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<td>___ raisins, currants</td>
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<td>___ other</td>
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<td>Meat/Meat Alternative (Choose lean cuts of meats.)</td>
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<tr>
<td>___ skinless chicken</td>
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<tr>
<td>___ turkey breast (no skin)</td>
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<td>___ fish (avoid breaded items)</td>
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<td>___ tofu</td>
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<td>___ beans</td>
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<td>___ black beans</td>
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<td>___ black-eyed peas</td>
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<td>___ chickpeas (garbanzos)</td>
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<td>___ lentils</td>
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<tr>
<td>___ lima beans</td>
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<tr>
<td>___ peanut butter</td>
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<tr>
<td>Herbs/Spices/Condiments (When choosing powdered spices look for those without salt or MSG.)</td>
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<tr>
<td>___ basil</td>
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<td>___ bay leaves</td>
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<tr>
<td>___ chives</td>
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<tr>
<td>___ cinnamon</td>
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<td>___ coriander</td>
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<td>___ cumin</td>
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<td>___ dill</td>
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<td>___ ketchup</td>
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<td>___ garlic, garlic powder</td>
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<td>___ ginger</td>
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**Herbs/Spices/Condiments** (Continued)
___ mint
___ mayonnaise (low fat)
___ mustard
___ nutmeg
___ onion powder
___ parsley
___ oregano
___ rosemary
___ sage
___ thyme
___ vanilla extract
___ other

**Canned Goods** (Choose low-salt items.)
___ beans
___ fruits in juice
___ tomato paste, sauce
___ spaghetti sauce
___ jam (low sugar)
___ soup (low salt, low fat)
___ tuna fish packed in water
___ hominy
___ refried beans (low fat)
___ broths
___ vegetables
___ other

**Packaged foods**
___ baked tortilla chips
___ baked pretzels (low salt)
___ cookies
___ crackers (whole grain)
___ nuts
___ trail mixes
___ other

**Miscellaneous**
___ apple sauce or prune puree
(Use as a fat substitute in baked products.)
___ baking powder
___ baking soda
___ cocoa powder
___ coffee
___ herb tea
___ balsamic vinegar
___ peanut butter (low fat)
___ salad dressing (low fat)
___ salsa, hot sauce
___ soy sauce (light)
___ vinegar
___ real maple syrup
___ other

**Frozen Foods**
___ beans, green
___ broccoli
___ carrots
___ corn, plain
___ fruit
___ lima beans
___ vegetable mix
___ veggie burgers
___ frozen yogurt, sherbet
___ other