

Healthy Eating Grocery List

Whole Grains

- Whole grain white bread
- Oat bran bread
- Whole grain crackers
- Whole wheat pita
- Whole wheat English muffin
- Whole wheat tortillas
- Corn tortillas
- Whole wheat pasta
- Instant brown rice
- Bulgar
- Barley
- Potatoes/Sweet potatoes
- Peas/Corn
- Popcorn
- Whole grain waffles
- Whole grain cereals
- Oatmeal
- Ground Flax Seed/Flax oil

Protein Foods/Dairy Products

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| <ul style="list-style-type: none"> <input type="checkbox"/> Canned tuna, chicken, salmon (packed in water) <input type="checkbox"/> Tuna or chicken kit (low fat) <input type="checkbox"/> Crab <input type="checkbox"/> Salmon <input type="checkbox"/> Sardines (in water) <input type="checkbox"/> Shrimp <input type="checkbox"/> Skinless, boneless chicken <input type="checkbox"/> Skinless, white meat turkey <input type="checkbox"/> Lean chicken/turkey sausage <input type="checkbox"/> Boneless pork chop <input type="checkbox"/> Boneless port loin <input type="checkbox"/> Lean ham <input type="checkbox"/> "Round" or "loin" beef cut <input type="checkbox"/> Hummus <input type="checkbox"/> Soy meats/veggie burger <input type="checkbox"/> Edamame (soybeans) <input type="checkbox"/> Peanut butter | <ul style="list-style-type: none"> <input type="checkbox"/> Raw nuts <input type="checkbox"/> Eggs/egg whites <input type="checkbox"/> Egg Beaters™ <input type="checkbox"/> Cheese (low fat) <input type="checkbox"/> String cheese <input type="checkbox"/> Cottage cheese (low fat or fat free) <input type="checkbox"/> Skim milk <input type="checkbox"/> Calcium fortified soy milk <input type="checkbox"/> Yogurt (light or fat free) <input type="checkbox"/> Whey/Soy protein powder |
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Fruit*

- Apples
- Applesauce (no sugar added)
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Mandarin oranges
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Prunes
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Individual fruit cups (No added sugar)

Vegetables (fresh or frozen)*

- Artichokes
- Asparagus
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- Onions (all)
- Hearts of palm
- Jicama
- Kale
- Leeks
- Mushrooms
- Mustard greens
- Okra
- Pea pods
- Peppers (all)
- Romaine/mixed greens
- Spinach
- Squash
- Tomatoes
- Turnips
- Vegetable soup/minestrone
- V-8 or tomato juice (low sodium)
- Zucchini

Miscellaneous

- Herbs/spices
- Pre-minced garlic
- Vinegars
- Lemon/lime juice
- Low cal salad dressing (≤50cal/2 Tbsp)
- Mustard
- Spray butter
- Cooking Spray
- Benecol™/Take Control™/Smart Balance™
- Sour cream (low fat)
- Cream cheese (low fat)
- Vegetable oil (canola/olive)
- Avocado
- Splenda™, Equal™
- Disposable tupperware/plastic bags
- Condiments: Sugar free jam, mustard, low fat mayo
- Carbonated water/seltzer