

Healthy Shopping List



Fruits:

Staples:

- Apples
- Bananas
- Oranges

Seasonal:

- Berries
- Cherries
- Melon
- Peaches
- Pears
- Plums
- Tangerines

Other:

- Canned
- Dried fruit
- Frozen fruit
- *purchase canned fruit in water or juice
- *purchase frozen fruit without sugar



Veggies:

Staples:

- Broccoli
- Cauliflower
- Cucumbers
- Kale
- Lettuce
- Onions
- Peppers
- Potatoes

Seasonal:

- Corn
- Summer squash
- Tomatoes
- Winter squash
- Yams

Other:

- Canned
- Frozen
- *purchase canned and frozen veggies without added salt



Protein:

- Dried, canned beans
- Eggs
- Fish
- Lean beef
- Lean poultry
- Nut butter
- Nuts
- Peas
- Seafood



Dairy:

- Skim milk
- Nonfat yogurt
- Calcium-fortified milk like almond or soy
- Cheese



Grains:

- 100% whole grain pasta
- Brown rice
- Bulgur
- Oats
- Popcorn (low-sodium, low-fat versions)
- Quinoa
- Whole grain barley
- Whole wheat couscous
- Wild rice
- 100% whole grain bread
- 100% whole grain crackers
- 100% whole grain cereal (low sugar as often as possible)

10 Great Meal Ideas:

1. Vegetarian burritos
2. Baked fish or chicken with veggies and potatoes
3. Pasta with vegetables
4. Stir fry with rice, veggies, and chicken
5. Chicken and rice
6. Roasted chicken and veggies
7. Grilled seafood/chicken with veggies
8. Vegetable soups
9. Lasagna
10. Penne pasta and turkey

