

Guide for Shopping List 5

Fruits and Vegetables – buy local, in season produce if available and stick to what is on sale each week to save money; stock your freezer with plain, frozen fruits, and vegetables for times when fresh produce options are limited; choose a variety of colors

Breads, Grains and Starches – choose bread and grain products that list “whole grain” or “whole wheat” as the first ingredient; choose cereals with 5 grams of sugar or less per serving and at least 4 grams of fiber; if buying instant oatmeal, look for higher fiber and lower sugar

Protein – choose skinless, white meat chicken and turkey instead of dark meat; choose lower-fat cuts of pork and beef such as “loin” or “round;” limit processed meats like deli meat, hot dogs, bacon and sausage; choose plain, fresh, wild-caught fish, and seafood instead of frozen or breaded; choose canned tuna packed in water not oil

Low-Fat Dairy – choose low-fat or reduced fat milk, cheese, sour cream, cottage cheese, cream cheese, and yogurt products; look for cheese made with 2% milk; try Greek yogurt instead of regular yogurt for higher protein content; look for lower sugar yogurt options

Soups and Canned Goods – choose low-sodium, broth-based soups; choose low-sodium canned vegetables and beans, then drain and rinse with water; choose canned fruit packed in water or in its own juice

Snack Foods – choose fresh fruits, vegetables, low-fat dairy products, whole grains, and small portions of nut butters or low-salt nuts more often; choose low-fat, low-sodium popcorn; choose granola bars with 5 grams of sugar or less per serving and at least 4 grams of fiber; try individually wrapped/single serving options or keep portion size to ½ cup for ice cream; make sugar-free instant pudding box with low-fat milk; limit sweets like cookies and ice cream to an occasional treat

Drinks – choose water more often and add slices of orange, lemon, lime, or cucumber to add flavor; limit sugar-containing beverages; when buying juice, look for 100% juice on the label and limit serving to 4 oz.; limit flavored milk; for coffee drinks, choose lower calorie options and read the label





What's in Your Cart?

Here is a suggested list to help choose healthy items for your family at the grocery store. Be sure to read the food label before putting an item in your shopping cart:

Fruits and Vegetables

- Fresh fruits
- Fresh vegetables
- Frozen vegetables (no sauce)
- Frozen fruits (no sugar)

Breads, Grains, and Starches

- Whole wheat bread
- Whole wheat bagel thins
- Whole wheat English muffins
- Whole wheat noodles
- Whole wheat tortilla
- Whole wheat pitas
- Whole grain cereals (low sugar)
- Oatmeal (or high fiber, low sugar instant)
- Brown rice

Protein

- Dried beans
- Nut butters: peanut, almond
- Chicken (remove skin) or turkey
- Skinless and boneless chicken thighs
- Loin or round cuts of meat
- Eggs
- Egg substitute
- Fish
- Tuna in water
- Low-fat lunch meats (low sodium even better)
- Turkey or chicken sausage
- Ground turkey
- Soy protein: edamame, tofu, tempeh

Low-Fat Dairy

- Skim or 1% milk
- Plain low-fat yogurt or Greek yogurt
- Low-fat mozzarella
- 2% cheese
- Low-fat cream cheese
- Low-fat or fat-free sour cream
- Low-fat creamer

- Low-fat cottage cheese or ricotta cheese
- Feta or Parmesan cheese

Soups and Canned Goods

- Low-sodium vegetables (rinsed)
- Low-sodium soups
- Canned fruit in water or own juice
- Unsweetened applesauce
- Canned beans (rinsed)
- No-salt-added tomatoes

Snack Foods (try to get low sodium)

- Fruits, vegetables, whole grains, low-fat dairy
- Low-fat popcorn
- Baked chips and pretzels
- Whole grain crackers
- Fig bars
- Vanilla wafers and graham crackers
- Nut butters and unsalted nuts
- Dried fruits (watch your portions)
- Rice cakes
- Low-fat fudge pops
- 100% fruit popsicles
- Sugar free instant pudding (make w/ low-fat milk)
- Individual serving ice cream

Drinks

- Water
- No-calorie flavored water
- Seltzer water or club soda
- Milk alternatives: soy, rice, or almond milk
- 100% fruit juice (no added sugar)
- Diet drinks
- Crystal Light
- Tea bags
- Unsweetened tea and coffee