

# Healthy Shopping List

## Vegetables:

- 3-5 vegetables in season
- lettuce for salads
- fresh veggies for salads
- potatoes
- winter squash
- sweet potatoes
- tomatoes
- onions and garlic
- broccoli

## Fruits:

- apples/pears
- bananas
- berries
- grapes
- lemons/limes
- oranges/grapefruit
- peaches/plums
- watermelon/melon

## Dairy:

- egg whites
- margarine, light tub
- milk, skim
- sour cream, nonfat
- yogurt, fat-free, light

## Frozen:

- frozen fruits, unsweetened
- vegetables, plain

## Fish/Poultry/Lean Meat:

- chicken or turkey breast
- fish (not breaded)
- lean beef, pork

## Cereal\*:

- oatmeal

- shredded wheat
- whole-grain cereal
- \* 3 g fiber, less than 10 g sugar*

## Canned\*:

- beans
- fruit in water
- chicken broth, low-sodium
- pasta sauce, low-sodium
- soup, low-fat, low-sodium
- tomatoes, no added salt
- tuna in water
- \* low-sodium, no added sugar*

## Dried and Packaged:

- barley
- beans/lentils/dried peas
- brown rice
- herbs \_\_\_\_\_
- nuts, nut butters
- pasta
- popcorn, low-fat
- raisins
- spices \_\_\_\_\_
- vegetable oil

## Condiments:

- jam, light
- ketchup, no-salt
- mayo, low-fat
- salad dressing, low-fat
- soy sauce, light
- vinegar \_\_\_\_\_

## Bread:

- 100% whole-wheat bread
- corn tortillas
- whole-grain crackers (lowfat)
- whole-wheat pitas

## Nutrition Facts

Serving Size 1 cup (228 g)  
Servings Per Container: 2

Amount per serving		% Daily Value*	
<b>Calories</b> 250	<b>Calories from Fat</b> 120		
<b>Total Fat</b> 13g		20%	
<b>Saturated Fat</b> 5g		25%	
<b>Trans fat</b> 2g			
<b>Cholesterol</b> 30mg		10%	
<b>Sodium</b> 660mg		28%	
<b>Total Carbohydrate</b> 31g		10%	
<b>Dietary Fiber</b> 0g		0%	
<b>Sugars</b> 5g			
<b>Protein</b> 5g			
<b>Vitamin A</b> 4%	<b>Vitamin C</b> 2%	<b>Calcium</b> 15%	<b>Iron</b> 4%

## Three Easy Steps for Label Reading:

### 1. Look at serving size, servings per container and calories.

Eating too many calories per day is linked to people being overweight, obese and developing certain chronic diseases.

### 2. Limit fat, saturated fat, cholesterol and sodium; shoot for zero trans fat.

These increase your risk for certain chronic diseases. Try to keep trans fat to zero. Shoot for 5% or less of the daily value on fat, saturated fat, cholesterol and sodium.

### 3. Get enough fiber and important nutrients.

Eating enough fiber and nutrients can improve your health and help reduce your risk of some diseases.

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## Quick 5 Checklist to Save \$\$:

- Look for store brands
- On sale - good - stock up!
- Compare unit pricing
- Stick to your list
- Use less meat, soda, cookies, crackers, chips, deli, bakery and convenience items

