

Healthy Shopping List

FRUITS



- apples
- pears
- bananas
- grapes
- oranges
- berries
- melon
- lemons
- raisins
- dried fruits
- frozen fruits
- 100% juice
- _____ (seasonal)

VEGETABLES



- carrots
- lettuce, greens
- potatoes, yams
- tomatoes
- corn
- onions, garlic
- cabbage
- cucumbers
- broccoli
- squash
- mushrooms
- frozen veggies
- _____ (seasonal)

GRAINS



- 100% whole grain cereal
- brown rice
- quinoa
- 100% whole grain bread
- oatmeal
- _____

PROTEIN & DAIRY



- beans, lentils, legumes
- eggs
- nuts and nut butter
- fish and seafood
- lean meat & poultry
- skim or lowfat milk
- yogurt
- _____

Notes:
