

HEALTHY FOODS

SHOPPING LIST

Fruits

- ✓ Apples
- ✓ Bananas
- ✓ Berries
- ✓ Grapefruit
- ✓ Nectarines
- ✓ Oranges
- ✓ Peaches
- ✓ Pears

Grains

- ✓ Oatmeal
- ✓ Whole Grain Bread
- ✓ Whole Grain Cereal
- ✓ Whole Grain Pasta

Meats

- ✓ Chicken
- ✓ Fish
- ✓ Lean beef
- ✓ Pork Chops
- ✓ Shell Fish
- ✓ Steak
- ✓ Turkey

Canned Foods

- ✓ Low Sodium Options
- ✓ Low Sodium Soup
- ✓ Marinara Sauce
- ✓ Pineapple
- ✓ Pinto Beans
- ✓ White Beans
- ✓ Black Beans
- ✓ Salmon
- ✓ Tuna
- ✓ Tomatoes

Dairy

- ✓ Butter
- ✓ Cheddar Cheese
- ✓ Colby Cheese
- ✓ Egg or Egg Substitute
- ✓ Low Fat Cottage Cheese
- ✓ Low Fat Cream Cheese
- ✓ Low Fat Milk
- ✓ Low Fat Sour Cream
- ✓ Mozzarella Cheese
- ✓ Low Fat Yogurt

Frozen Foods

- ✓ Blueberries
- ✓ Carrots
- ✓ Chicken
- ✓ Corn
- ✓ Fish
- ✓ Fruit
- ✓ Green Beans
- ✓ Juice Bars
- ✓ Mixed Fruit
- ✓ Peas
- ✓ Vegetables
- ✓ Veggie Burgers

Condiments

- ✓ Honey
- ✓ No Sugar Added Jam/Jelly
- ✓ Ketchup
- ✓ Low Fat Mayonnaise
- ✓ Low Sodium Soy Sauce
- ✓ Low-Fat Salad Dressing
- ✓ Mustard
- ✓ Olive Oil
- ✓ Salsa

- ✓ Sesame Oil
- ✓ Walnut Oil

Beverages

- ✓ 100% Fruit Juice
- ✓ Herb Tea
- ✓ Sparkling Water
- ✓ Tomato Juice

Miscellaneous

- ✓ Tofu
- ✓ Almonds
- ✓ Walnuts
- ✓ Flax Seeds
- ✓ Mixed Nuts
- ✓ Pecans
- ✓ Pumpkin Seeds
- ✓ Brown Rice
- ✓ Garlic
- ✓ Herbs & Spices (instead of salt)
- ✓ Low Sodium & Low Fat Crackers

**EMPOWER
HUMANS**