

My Shopping List

These are good items to have on hand to make healthy meals and snacks.

Dairy and Eggs

- Fat-free (skim) or low-fat (1%) milk
- Fat-free, low-fat, or reduced-fat cottage cheese
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat plain yogurt
- Eggs/egg substitute
- _____

Breads, Muffins, and Rolls

- Whole-grain bread
- Whole-grain bagels and English muffins
- Whole-grain tortillas
- Whole-grain pita bread and naan bread
- _____

Cereals, Crackers, Rice, Noodles, and Pasta

- Unsweetened whole-grain cereal, hot or cold
- Rice (brown)
- Quinoa, couscous
- Whole-wheat pasta (noodles, spaghetti)
- _____

Seafood, Meats, and Poultry

- White-meat chicken and turkey (skin off)
- Fish and shellfish (not battered)
- Lean ground (92% lean/8% fat) beef or turkey
- 95% fat-free sliced whole pork or ham
- _____

Fruits (Fresh, Canned, Frozen, and Dried)

Fresh Fruits:

- _____
- _____
- _____

Canned Fruits (without added sugars):

- _____
- _____
- _____

Frozen Fruits (without added sugars):

- _____
- _____
- _____

Dried Fruits (with limited added sugars for tart fruits):

- _____
- _____

Vegetables (Fresh, Canned, and Frozen)

Fresh Vegetables:

- _____
- _____
- _____

Canned Vegetables (low sodium or no salt added):

- _____
- _____
- _____

Frozen Vegetables (without sauces):

- _____
- _____

Nuts, Seeds, and Soy

- Unsalted whole nuts or seeds
- Nut butters (peanut, almond, etc.)
- Tofu
- _____
- _____

Baking Items

- Nonstick cooking spray
- Canned evaporated milk—fat free (skim) or low fat (1%)
- Nonfat dry milk powder
- Whole-wheat flour
- Vegetable oil
- _____

Condiments, Sauces, Seasonings, and Spreads

- Oil-based dressings, reduced-calorie salad dressings
- Salt-free spices and spice blends
- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low sodium)
- Bouillon cubes/granules (low sodium)
- _____

Beverages

- No-calorie drinks or mixes
- 100% fruit and vegetable juices (not "juice drinks")
- _____

Fats and Oils

- Oils (olive, canola, corn, soybean, sunflower, peanut)
- Tub margarine (with no *trans* fat)
- _____

