

Healthy Grocery Shopping List



VEGETABLES [2.5 - 3 cups]	FRUITS [2 cups]	GRAINS* [6 - 8 oz equivalent]	MEAT and ALTERNATIVES [5.5 - 6.5 oz]		OILS [6 - 7 tsp]
Asparagus Beets Bean Sprouts Bok Choy Broccoli Cabbage Carrots Cauliflower Celery Corn Cucumber Eggplant Garlic Green Beans Lettuce Mushrooms Onions Peppers Potatoes Parsley Radish Seaweed Shallots Snow Peas Spinach Squash Tomatoes Yams Zucchini Others _____	Apples Apricots Avocado Black Berries Blueberries Bananas Cherries Cranberries Currants Figs Grapefruit Grapes Guava Kiwi Lemon/Limes Mangos Melons Oranges Papayas Peaches Pears Pineapples Plums Pomegranate Raspberries Strawberries Tangerines Others _____ _____ _____ _____ _____	Bagels Bread (Whole Grain) Brown Rice Cereal (Whole Grain) Couscous Croutons Oatmeal Oats Pita (Whole Grain) Spaghetti (Whole Grain) Rice Tortilla Others _____ _____ _____	<div>♦ MEAT AND SEAFOOD</div> <div>Chicken (breast) Cod Deli Turkey Eggs Ground Beef (Extra Lean) Halibut Ham Herring Liver Oysters Pork Chops Ribs Roast Beef Salmon Shrimp Others _____ _____ _____ _____ _____</div> <div>♦ ALTERNATIVES</div> <div>Almonds Cashews Chick Peas Flax Seeds Kidney Beans Lentils Lima Beans Peanuts (Unsalted) Pecans Pumpkin Seeds Sesame Seeds Soy Beans Sunflower Seeds Tofu Walnuts Others _____ _____ _____ _____ _____</div>		Canola Oil Margarine (non hydrogenated) Olive Oil Others _____ _____ _____
		DAIRY [3 cups]			CONDIMENTS
		Cheese (Low Fat) Cream (Low Fat) Frozen yogurt Ice Cream (Low Fat) Milk (Low Fat) Rice Milk Sour Cream Soy milk Yogurt Others _____ _____ _____ _____ _____			Ketchup Mustard Soy Sauce (Low Sodium) Salad Dressing (Low Fat) Vinegar Others _____ _____ _____ _____ _____
			HEALTHY SNACK FOOD	BEVERAGES	OTHERS
			Whole Grain Crackers Granola Bars Popcorn (0 Trans Fat) Rice Cakes Rice Crackers Others _____ _____	Apple Juice Cranberry Juice Grapefruit Juice Grape Juice Orange Juice Tomato Juice Others _____	_____ _____ _____ _____ _____ _____ _____

*Grains: In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group.
Note: The suggested servings are based on a diet providing 2000 to 2400 daily calories, as recommended by USDA's MyPyramid.

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