

# Healthy Grocery Shopping List



## VEGETABLES [2.5 - 3 cups]

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  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## FRUITS [2 cups]

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  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## GRAINS\* [6 - 8 oz equivalent]

Bagels  
Bread (Whole Grain)  
Brown Rice  
Cereal (Whole Grain)  
Couscous  
Croutons  
Oatmeal  
Oats  
Pita (Whole Grain)  
Spaghetti (Whole Grain)  
Rice  
Tortilla  
Others  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DAIRY [3 cups]

Cheese (Low Fat)  
Cream (Low Fat)  
Frozen yogurt  
Ice Cream (Low Fat)  
Milk (Low Fat)  
Rice Milk  
Sour Cream  
Soy milk  
Yogurt  
Others  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## MEAT and ALTERNATIVES [5.5 - 6.5 oz]

♦ MEAT AND SEAFOOD	♦ ALTERNATIVES
Chicken (breast)	Almonds
Cod	Cashews
Deli Turkey	Chick Peas
Eggs	Flax Seeds
Ground Beef (Extra Lean)	Kidney Beans
Halibut	Lentils
Ham	Lima Beans
Herring	Peanuts (Unsalted)
Liver	Pecans
Oysters	Pumpkin Seeds
Pork Chops	Sesame Seeds
Ribs	Soy Beans
Roast Beef	Sunflower Seeds
Salmon	Tofu
Shrimp	Walnuts
Others	Others
_____	_____
_____	_____
_____	_____
_____	_____

## OILS [6 - 7 tsp]

Canola Oil  
Margarine  
(non hydrogenated)  
Olive Oil  
Others  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## CONDIMENTS

Ketchup  
Mustard  
Soy Sauce (Low Sodium)  
Salad Dressing (Low Fat)  
Vinegar  
Others  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## HEALTHY SNACK FOOD

Whole Grain Crackers  
Granola Bars  
Popcorn (0 Trans Fat)  
Rice Cakes  
Rice Crackers  
Others  
\_\_\_\_\_  
\_\_\_\_\_

## BEVERAGES

Apple Juice  
Cranberry Juice  
Grapefruit Juice  
Grape Juice  
Orange Juice  
Tomato Juice  
Others  
\_\_\_\_\_

## 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.

Partnership between:

