

# GROCERY SHOPPING GUIDE



**Make fruits, vegetables, beans and whole grains the biggest part of every meal.**

## Fruits and vegetables

- Berries (fresh or frozen)
- Bok choy
- Broccoli
- Brussels sprouts
- Cauliflower
- Edamame
- Garlic
- Grapes
- Grapefruit
- Leafy greens
- Oranges
- Pears
- Spinach
- Romaine lettuce
- Sweet potatoes
- Tomatoes

Any colorful vegetable or fruit is a good choice.

Frozen and canned are OK.

## Protein

- Fish
- Lean chicken or turkey
- Tofu
- Black, red or pinto beans
- Garbanzo beans/chickpeas
- Lentils
- Eggs or egg substitutes

Look for lean animal protein or plant-based protein.

## Dairy

- Skim milk
- Low-fat cheese
- Dairy alternatives – soy based foods and nut milks

Try options that are lower in saturated fat.

## Whole grains

- Wild rice or brown rice
- Whole grain pasta
- Whole grain bread, tortillas or buns
- Oatmeal
- Quinoa

Choose whole grains over processed grains like white rice and white bread.

## Cooking oils

- Olive oil
- Canola oil

Vegetable oils are healthier than butter, lard or cooking spray.

## Beverages

- Green or white tea
- Water
- Coffee

Choose beverages with no added sugar, and stay away from fruit juice.