Healthful Shopping List



Vegetables:	Dairy:	tomato paste
avocado	cheese, low-fat/reduced fat	tomato sauce, no added salt
bell peppers	egg whites	tomatoes, no added salt
broccoli	half & half, fat-free	tuna fish in water
cabbage	margarine, light tub	vegetables
carrots	milk, skim	
cauliflower	orange juice w/ calcium	Dried and Packaged:
celery	ricotta, nonfat	baked chips
corn	sour cream, nonfat	baking powder, soda
cucumbers	soy milk, fortified	barley
eggplant	yogurt, fat-free, light	beans
garlic		brown rice
herbs	Frozen:	cocoa powder
kale, collards	black-eyed peas	corn meal
lettuce, dark green	broccoli	herbs
mushrooms	corn	flour, whole grain
onions	frozen fruits, unsweetened	lentils, dried peas
potatoes	lima beans	nuts, nut butters
	peas with carrots	pasta
spinach	peas with earrors spinach/kale	peanut butter
squash	spinach kale vegetable mixes	popcorn, low-fat
sweet potatoes	vegetable finites winter squash	
tofu	willter squasii	
tomatoes	Fish/Poultry/Lean Meat:	spices
zucchini		Splenda
	chicken or turkey breast	vanilla extract
	fish (not breaded)	vegetable oil
	lean beef, pork	C 4: t
	shrimp/seafood	Condiments:
ruits:	Cereal:	chocolate syrup, light
apples		jam, light
bananas	• 3 g fiber, less than 10 g sugar	ketchup, no-salt
berries	oatmeal	mayo, low-fat
grapefruit	shredded wheat	mustard
grapes	whole-grain cereal	salad dressing, low-fat
kiwi	_	soy sauce, light
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lemons/limes	Canned:	syrup, sugar-free
lemons/limes melons	• low-sodium, no added sugar	syrup, sugar-free vinegar
	• low-sodium, no added sugar apple sauce, unsweetened	
melons	• low-sodium, no added sugar apple sauce, unsweetened beans	vinegar
melons oranges	 low-sodium, no added sugar apple sauce, unsweetened beans fruit in juice/water 	vinegar
melons oranges peaches pears	• low-sodium, no added sugar apple sauce, unsweetened beans	vinegar Worcestershire Bread:
melons oranges peaches pears pineapple	 low-sodium, no added sugar apple sauce, unsweetened beans fruit in juice/water 	vinegar Worcestershire Bread:
melons oranges peaches pears pineapple plums	 low-sodium, no added sugar apple sauce, unsweetened beans fruit in juice/water chicken broth, low-sodium 	vinegar Worcestershire Bread: 100% whole-wheat bread
melons oranges peaches pears pineapple	 low-sodium, no added sugar apple sauce, unsweetened beans fruit in juice/water chicken broth, low-sodium hominy 	vinegar Worcestershire Bread: 100% whole-wheat bread corn tortillas