

# Grocery List



## Vegetables

Fresh veggies are important for weight control and good health. Frozen and low-sodium canned veggies are also good choices.

- Artichokes
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Eggplant
- Garlic
- Green Beans
- Leafy Greens
- Leeks
- Mushrooms
- Olives
- Onions
- Peas
- Squash
- Tomatoes (Fresh, Canned, Sauce)
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Fruits

Fresh fruits are important for weight control and good health. Frozen and canned fruit without added sugars are also good choices.

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Lemons
- Melon
- Oranges
- Peaches
- Plums
- Pomegranates
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- \_\_\_\_\_
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- \_\_\_\_\_
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## Dairy/Eggs

Choose real traditional cheese, not processed cheese foods, and enjoy in moderation.

- Cheese
- Low-Fat Milk
- Plain or Greek Yogurt
- Eggs
- \_\_\_\_\_

## Grains

Choose mostly whole-grain products, specifically those with the word "whole" as the first ingredient, e.g. "whole wheat."

- Barley
- Bread (e.g. Loaf, Pita)
- Bulgur
- Couscous
- Oatmeal
- Pasta
- Polenta
- Quinoa
- Rice
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## Herbs and Spices

Herbs and spices add great flavor without extra fat or salt.

- Basil
- Bay Leaves
- Chiles
- Cilantro
- Coriander
- Cumin
- Mint
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme
- Oregano
- Pepper
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- \_\_\_\_\_
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## Healthy Oils/Fats

Store oils in a cool, dark place to preserve their nutrients.

- Extra-Virgin Olive Oil
- Avocado Oil
- Canola Oil
- Grape Seed Oil
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## Meats

Choose lean cuts of meat from chicken, pork, beef, or turkey.

- 95% lean ground meat
- Chicken or turkey breast
- Pork loin or tenderloin
- Beef, sirloin or round cuts
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- \_\_\_\_\_

## Nuts and Seeds

Both are a great source of protein, fiber, and healthy fats. Stick to just a handful a day because they are high in calories.

- Almonds
- Cashews
- Flax
- Peanuts
- Pine Nuts
- Pumpkin Seeds (Pepitas)
- Sunflower Seeds
- Walnuts
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## Seafood

White fish is a great lean protein. Oily fish like salmon contain healthy omega-3s.

- Clams
- Cod
- Crab
- Salmon
- Scallops
- Shrimp
- Tilapia
- Tuna
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## Beans

Beans are a great way to add fiber and protein to a meal. Eat them in place of red meat at least once a week. If using canned, rinse and drain them before use to remove some of the sodium.

- Black Beans
- Chickpeas (Garbanzo)
- Hummus
- Lentils
- Pinto Beans
- White Beans (Cannellini)
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