

HEALTH EDUCATION

Use this list to make healthy choices when food shopping. Include the items you need for your menus and any low-calorie basics you need to restock in your kitchen.

Dairy Case

- Fat-free (skim) or low-fat (1 % milk)
- Cottage cheese - low-fat, reduced fat or fat-free
- Low-fat or reduced fat cheeses
- Fat-free or low-fat yogurt, regular or Greek
- Light or diet margarine (tub, squeeze or spray)
- Fat-free or reduced fat sour cream
- Fat-free cream cheese
- Eggs/egg substitute
- _____

Breads, Muffins, and Rolls – Whole grain when available

- Bread, bagels, or pita bread
- Challah
- Corn tortillas (not fried)
- English muffins
- Fat-free biscuit mix
- Low-fat flour tortillas
- Rice crackers
- Yeast breads (whole wheat, rye, pumpernickel, multi-grain or raisin)
- _____

Cereals, Crackers, Rice Noodles, and Pasta -Whole grain when available

Plain cereal, dry or cooked (aim

for more fiber than sugar per serving)

- Amaranth
- Barley
- Bulgur, couscous, or kasha
- Graham crackers
- Hominy
- Hominy grits
- Millet
- Oatmeal
- Pasta
- Polenta
- Polvillo
- Quinoa
- Rice (brown, white)
- Tabouli grain salad
- _____

Meat Case – Prepare using low-fat, lower calorie cooking methods like baking. Avoid frying.

- White meat chicken and turkey (without skin)
- Fish (not battered)
- Beef, round or sirloin
- Extra lean ground beef such as ground round
- Pork tenderloin
- 95% fat-free lunch meats or low-fat deli meats
- _____

Other Protein Sources

- Beans (see bean list)
- Eggs/egg substitutes
- Tofu (or bean curd)

Fresh Fruit

- Apples
- Apricots
- Bananas
- Cherries
- Dried Fruits
- Grapefruit
- Grapes
- Lemons
- Limes
- Mangoes
- Melons
- Oranges
- Peaches
- Pears
- Plantains
- Plums
- _____

Exotic Fresh Fruit

- Currants
- Figs
- Guava
- Kiwi
- Litchi nuts
- Olives
- Papaya
- Persimmons
- Pomegranates
- Quinces
- Star fruit
- Winter melons
- _____

Canned Fruits

- Canned in their own juice or water, no heavy syrup

Frozen Fruits

- Any without added sugar

Dried Fruit

(watch portion size - higher calories than fresh fruit)

- Raisins and others
- _____

Fresh Vegetables

- Artichokes
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Green beans
- Green leafy vegetables
- Green peppers
- Lettuce
- Mushrooms
- Onions
- Peas
- Potatoes
- Spinach
- Squash
- Tomatoes
- _____

Canned Vegetables - Low-sodium or No-salt-added

- Any canned vegetables
- Canned vegetable soup, reduced sodium
- Tomato sauce or pasta
- _____

Frozen Foods

- Fish fillets - unbreaded
- Egg substitute
- 100% fruit juice pops (no-sugar added)
- Fruits (no-sugar-added)
- Vegetables (plain/not in sauce)
- _____

Beans and Legumes - If canned, no-salt-added.

- Lentils
- Black beans
- Red beans (kidney beans)
- Navy beans
- Black beans
- Pinto beans
- Black-eyed peas
- Edamame/soybeans
- Fava beans
- Italian white beans
- Great white northern beans
- Chickpeas (garbanzo beans)
- Dried beans, peas, lentils (without flavoring packets)
- _____

Baking Items

- Angel food cake mix
- Baking powder
- Baking soda
- Canned evaporated milk - fat-free (skim) or 2%
- Cocoa powder, unsweetened
- Cornstarch
- Flour
- Gelatin (reduced calorie)
- Imitation butter (flakes or buds)
- Non-fat dry milk powder
- Non-stick cooking spray
- Pudding mixes (reduced calorie)
- Unflavored gelatin

Condiments, Sauces, Seasonings, and Spreads

- Barbecue sauce
- Bouillon cubes/granules
- Canned green chilies
- Flavored vinegars
- Jam, jelly, or honey
- Ketchup
- Mustard (Dijon, etc.)
- Salsa or picante sauce
- Soy sauce (low-sodium)
- Spices (low-sodium)
- Fat-free or low-fat salad dressings
- Hoisin or plum sauce
- _____

Beverages

- Carbonated water
- No-calorie drink mixes
- Unsweetened iced tea
- Water
- _____

Nuts and Seeds -Unsalted

- Almonds
- Cashews
- Mixed nuts
- Peanuts
- Pecans
- Pumpkin seeds
- Sesame seeds
- Soy nuts
- Sunflower seeds
- Walnuts
- _____