Heart Healthy Grocery List

**Fruits**
- apples / oranges
- bananas / grapes
- papaya / pineapple
- lemon / lime

**Starches/Whole Grains**
- whole wheat bread
- oatmeal / whole grain cereal
- whole wheat pasta
- brown rice
- crackers (graham, whole wheat)

**Vegetables**
- lettuce / cabbage
- onion / green onion
- garlic / ginger
- potato / sweet potato
- taro / poi
- tomatoes / celery
- cucumber / carrots
- broccoli / zucchini
- bean sprouts / chop suey mix

**Canned Goods**
- fruits / fruit cups
- vegetables (no salt added)
- tuna or salmon (in water)
- tomato sauce (no salt added)
- unsalted nuts
- olive or canola oil
- nonfat or low fat mayonnaise

**Dairy**
- skim or 1% milk*
- yogurt*
- low fat cheese
- margarine (soft tub or liquid)

**Proteins**
- beans / lentils*
- fish
- tofu*
- chicken (no skin)
- lean beef / lean pork
- eggs / egg substitute
- peanut butter

**Frozen Foods**
- vegetables, plain
- soy beans
- frozen fruit bars, popsicles, sorbets, or nonfat ice cream

**Other**

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Tip: Read nutrition labels. Choose foods with **less than 150** milligrams sodium per serving.

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Tip: Read nutrition labels. Choose foods with **less than 150** milligrams sodium per serving.
Less Salt - More Flavor!
Try lower salt seasonings. Your taste buds will learn to love it!
Read labels and choose items with less than 150 milligrams sodium per serving.

**GO!**
- Chili Pepper – fresh or powder
- Dry Mustard / Wasabi
- Fruit – fresh or unsweetened dried
- Garlic – fresh or powder
- Ginger – fresh or powder
- Green onions, chives, leeks
- Herbs – fresh or dried (e.g. basil, rosemary)
- Italian Seasoning
- Lemon or Lime - juice and/or zest
- Lemon Pepper (choose a low salt one)
- Mrs. Dash & other salt-free herb mixes
- Pepper (black, white, red, etc)
- Salad Dressing Spritzer Spray
- Spices (cinnamon, cumin, ginger, etc)
- Tabasco Sauce
- Vegetables – fresh or dried
- Vinegar (e.g. white, red wine, balsamic)

**SLOW**
- Catsup
- Mirin
- Mustard
- Salt Substitutes – check with your doctor first; most are high in potassium
- Soy sauce Low Salt – dilute with rice vinegar
- Worcestershire sauce

**STOP**
- Garlic salt and other seasoned salts
- Miso
- Oyster, Hoisin, Plum sauces
- Patis, Bagoong
- Salt of any type including Sea, Kosher, and Hawaiian or Alaea (red) salt
- Soy sauce
- Sweet Chili Sauce
- Teriyaki and other BBQ Sauces
- Most sauces & pre-made gravies

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