

Sample Healthy Shopping List

VEGETABLES

(fresh, frozen, or canned without added sodium, fat, or sugar)

NONSTARCHY

- Artichokes
- Asparagus
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Jicama
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Spaghetti squash
- Sprouts
- Sugar snap peas
- Swiss chard
- Tomatoes
- Water chestnuts
- Zucchini

STARCHY

- Corn
- Peas
- Potatoes
- Pumpkin
- Sweet potatoes
- Winter squash

FRUITS

(fresh, frozen, or canned without added sugar)

- Apples
- Apricots
- Berries
- Cherries
- Kiwis
- Mangoes
- Oranges
- Papayas
- Peaches
- Pears
- Plantains
- Watermelon

HEALTHY FATS

- Avocado
- Natural nut butter
- Nuts
- Olive oil
- Seeds

GRAINS + CEREALS

- Air-popped popcorn
- Barley
- Brown or wild rice
- Corn tortillas
- Stone-ground grits
- Quinoa
- Steel cut oats
- Wheat-bran cereal
- Whole-grain bread
- Whole-grain crackers

DAIRY (LOW-FAT OR NONFAT)

and alternatives

- Milk
- Plain yogurt
- Unsweetened almond or soy milk

PROTEIN

- Beans
- Cheese
- Eggs
- Fish
- Lentils
- Skinless chicken
- Tofu
- Turkey

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NONSTARCHY

STARCHY

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HEALTHY FATS

GRAINS + CEREALS

DAIRY (LOW-FAT OR NONFAT)

and alternatives

PROTEIN