Sample Shopping List

# DAIRY CASE

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

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# BREADS, MUFFINS, AND ROLLS

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

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# CEREALS, CRACKERS, RICE, NOODLES, AND PASTA

* Plain cereal, dry or cooked
* Saltines, soda crackers (low-sodium or unsalted tops)
* Graham crackers
* Other low-fat crackers
* Rice (brown, white, etc.)
* Pasta (noodles, spaghetti)
* Bulgur, couscous, or kasha
* Wheat mixes
* Tabouli grain salad
* Hominy
* Polenta
* Polvillo
* Hominy grits
* Quinoa
* Millet
* Aramanth
* Oatmeal

□

# VEGETABLES (FRESH, CANNED, AND FROZEN)

## Fresh vegetables:

* + Broccoli
  + Peas
  + Corn
  + Cauliflower
  + Squash
  + Green beans
  + Green leafy vegetables
  + Spinach
  + Lettuce
  + Cabbage
  + Artichokes
  + Cucumber
  + Asparagus
  + Mushrooms
  + Carrots or celery
  + Onions
  + Potatoes
  + Tomatoes
  + Green peppers
  + Chiles

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## Other fresh vegetables:

* Okra
* Eggplant
* Grape leaves
* Mustard greens
* Kale
* Leeks
* Bamboo shoots
* Chinese celery
* Bok choy
* Napa cabbage
* Seaweed
* Rhubarb

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# MEAT CASE

* White meat chicken and turkey (skin off)
* Fish (not battered)
* Beef, round or sirloin
* Extra lean ground beef such as ground round
* Pork tenderloin

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## Canned vegetables

**(low-sodium or no-salt-added):**

* + Canned tomatoes
  + Tomato sauce or pasta
  + Other canned vegetables
  + Canned vegetable soup, reduced sodium

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## Meat equivalents:

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

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## Frozen vegetables (without added fats):

* + Broccoli
  + Spinach
  + Mixed medley, etc.

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# FRUIT (FRESH, CANNED, AND FROZEN)

## Fresh fruit:

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

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## Other fresh fruit:

* Kiwi
* Olives
* Figs
* Quinces
* Currants
* Persimmons
* Pomegranates
* Papaya
* Zapote
* Guava
* Starfruit
* Litchi (lychee) nuts
* Winter melons

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## Canned fruit (in juice or water):

* Canned pineapple
* Applesauce
* Other canned fruits (mixed or plain)

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## Frozen fruits (without added sugar):

* Blueberries
* Raspberries
* 100% fruit juice

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## Dried fruits:

* Raisins/dried fruit (these tend to be higher in calories than fresh fruit)

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# BEANS AND LEGUMES

**(IF CANNED, NO SALT ADDED)**

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

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# BAKING ITEMS

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

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# FROZEN FOODS

* + Fish fillets—unbreaded
  + Egg substitute
  + 100% fruit juices (no sugar added)
  + Fruits (no sugar added)
  + Vegetables (plain)

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# BEVERAGES

* + No-calorie drink mixes
  + Reduced-calorie juices
  + Unsweetened iced tea
  + Carbonated water
  + Water

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# CONDIMENTS, SAUCES, SEASONINGS, AND SPREADS

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

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# NUTS AND SEEDS

* Almonds, unsalted
* Mixed nuts, unsalted
* Peanuts, unsalted
* Walnuts
* Sesame seeds
* Pumpkin seeds, unsalted
* Sunflower seeds, unsalted
* Cashews, unsalted
* Pecans, unsalted

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# FATS AND OILS

* Soft (tub) margarine
* Mayonnaise, low-fat
* Canola oil
* Corn oil
* Olive oil
* Safflower oil

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