

# Healthy Grocery List Items

## GRAINS, LEGUMES, & STARCHES

*Always have:*

- High-fiber cereal
- Oats
- Panko breadcrumbs
- Sweet potatoes or yams



*Always have at least one of the following:*

- Whole-wheat or gluten-free pasta
- Brown rice
- Quinoa



*Always have at least one of the following:*

- Whole-wheat, gluten-free, or sprouted bread
- Whole-wheat wraps
- Whole-wheat English muffins

## MEAT/PROTEIN

*Always have:*

- Boneless, skinless chicken breast
- Wild salmon
- Filet, hanger, flank, sirloin, or 93% lean ground beef  
*(Ideally grass-fed and organic)*
- Turkey bacon



*Vegetarians and vegans, always have:*

- Firm tofu
- Tempeh
- Frozen edamame

## PRODUCE

*Always have:*

- Onions
- 3 in-season fruits\*, including 1 berry
- 5 in-season vegetables\*, including 1 leafy green

*\*Aim for one new fruit and one new vegetable (or ones you haven't had in a while)*



## DAIRY

*Always have:*

- Nonfat milk or non-dairy milk
- Low-fat or nonfat plain Greek or regular yogurt
- Eggs

*Optional:*

- Parmesan cheese
- Low-fat cheese



## CANNED GOODS

*Always have:*

- Tomato sauce
- Low-sodium vegetable and/or chicken broth
- 1 can no-salt-added beans or lentils
- 1 can chunk light or Albacore tuna
- Low-sodium soup



*Optional:*

- Canned sardines with bones

## OILS, VINEGARS, & CONDIMENTS

*Always have:*

- Extra-virgin olive oil
- White wine vinegar
- Mustard
- Low-sodium soy sauce



*Optional:*

- Canola oil
- Other vinegars (balsamic, rice, red wine)
- Ketchup
- Horseradish
- Low-sodium Worcestershire sauce

## SEASONINGS

*Always have:*

- Kosher salt
- Black pepper
- Lemons or limes
- Fresh or bottled minced garlic
- Agave

*Optional:*

- Sea salt
- Fine salt
- Capers



## DRIED HERBS & SPICES

*Always have at least two of your favorites, such as:*

- Cinnamon
- Cumin
- Crushed red pepper
- Rosemary
- Thyme
- Turmeric



## FROZEN FOODS

*Always have at least one of each of the following:*

- Vegetables
- No-sugar-added berries or other fruit

*Always have one of the following:*

- Extra-lean ground turkey meat
- Vacuum-sealed fish
- Shrimp



*Always have at least one of the following:*

- Vegetable burgers  
*(no more than 200 calories, at least 4g protein and 4g fiber; be sure vegetables are in the ingredients list)*
- Healthy meals  
*(with no more than 500mg sodium per serving)*