

# 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
- \_\_\_\_\_

## 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
- \_\_\_\_\_

## 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
- \_\_\_\_\_

### Canned vegetables (low-sodium or no-salt-added):

- Canned tomatoes
- Tomato sauce or pasta
- Other canned vegetables
- Canned vegetable soup, reduced sodium
- \_\_\_\_\_

### Frozen vegetables (without added fats):

- Broccoli
- Spinach
- Mixed medley, etc.
- \_\_\_\_\_

### Other fresh vegetables:

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

### 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
- \_\_\_\_\_

### Meat equivalents:

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

## FRUIT (FRESH, CANNED, AND FROZEN)

### Fresh fruit:

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

### Other fresh fruit:

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

### Canned fruit (in juice or water):

- Canned pineapple
- Applesauce
- Other canned fruits (mixed or plain)
- \_\_\_\_\_

### Frozen fruits (without added sugar):

- Blueberries
- Raspberries
- 100% fruit juice
- \_\_\_\_\_

### Dried fruits:

- Raisins/dried fruit (these tend to be higher in calories than fresh fruit)
- \_\_\_\_\_

## 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)
- \_\_\_\_\_

### 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
- \_\_\_\_\_

### FROZEN FOODS

- Fish fillets—unbreaded
- Egg substitute
- 100% fruit juices (no sugar added)
- Fruits (no sugar added)
- Vegetables (plain)
- \_\_\_\_\_

### BEVERAGES

- No-calorie drink mixes
- Reduced-calorie juices
- Unsweetened iced tea
- Carbonated water
- Water
- \_\_\_\_\_

### 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)
- \_\_\_\_\_

### NUTS AND SEEDS

- Almonds, unsalted
- Mixed nuts, unsalted
- Peanuts, unsalted
- Walnuts
- Sesame seeds
- Pumpkin seeds, unsalted
- Sunflower seeds, unsalted
- Cashews, unsalted
- Pecans, unsalted
- \_\_\_\_\_

### FATS AND OILS

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

