Healthy Grocery List

Date:

|  |  |  |  |
| --- | --- | --- | --- |
| **Vegetables and fruits** | **Protein foods** | **Whole grain foods** | **Healthy fats** |
| **Vegetables*** Broccoli
* Cabbage
* Canned tomatoes
* Canned vegetables
* Carrots
* Corn
* Green beans
* Mushrooms
* Onions
* Peppers
* Tomato sauce
* Tomatoes
* Turnips

**Frozen vegetables*** Corn
* Edamame (soy beans)
* Mixed vegetables
* Peas
 | **Fruits*** Apples
* Bananas
* Blueberries
* Grapefruits
* Grapes
* Kiwis
* Melons
* Oranges
* Peaches
* Pears
* Plums
* Raspberries

**Frozen fruits*** Berries
* Mangoes
* Mixed fruit
 | **Plant-based protein foods*** Chickpeas
* Kidney/black beans
* Meatless ground round
* Nut butter
* Nuts (peanuts, almonds, cashews)
* Peanut butter
* Seeds
* Tofu

**Meat, poultry, eggs and fish*** Beef
* Chicken
* Eggs
* Fresh and frozen fish and shellfish (mackerel, salmon, sardines, scallops, shrimp, trout)
* Ground beef
* Ground turkey
* Pork

**Milk, dairy and soy foods*** Canned milk
* Cheese
* Fortified soy beverage
* Kefir
* Milk
* Skim milk powder
* Yogurt
 | * 100% whole grain bread
* Bran cereal
* Brown rice
* Bulgur
* Chapati/roti
* Couscous
* Oatmeal
* Popcorn kernels
* Pot barley
* Quinoa
* Whole grain cereal
* Whole grain crackers
* Whole grain flat breads
* Whole grain pasta
* Whole grain pitas
* Whole grain tortillas
 | * Canola oil
* Corn oil
* Mayonnaise
* Olive oil
* Peanut oil
* Salad dressing
* Sesame oil
* Soft

margarine |
| **Other items** |
| * Chili powder
* Garlic
* Lemon juice
* Parsley
* Pepper
* Vinegar
 |

