Healthy Grocery List

Date:

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| --- | --- | --- | --- | --- |
| **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 |

