

# Healthy Grocery List

Date: \_\_\_\_\_

Vegetables and fruits		Protein foods	Whole grain foods	Healthy fats
<b>Vegetables</b> <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Canned tomatoes <input type="checkbox"/> Canned vegetables <input type="checkbox"/> Carrots <input type="checkbox"/> Corn <input type="checkbox"/> Green beans <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onions <input type="checkbox"/> Peppers <input type="checkbox"/> Tomato sauce <input type="checkbox"/> Tomatoes <input type="checkbox"/> Turnips  <b>Frozen vegetables</b> <input type="checkbox"/> Corn <input type="checkbox"/> Edamame (soy beans) <input type="checkbox"/> Mixed vegetables <input type="checkbox"/> Peas	<b>Fruits</b> <input type="checkbox"/> Apples <input type="checkbox"/> Bananas <input type="checkbox"/> Blueberries <input type="checkbox"/> Grapefruits <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwis <input type="checkbox"/> Melons <input type="checkbox"/> Oranges <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Plums <input type="checkbox"/> Raspberries  <b>Frozen fruits</b> <input type="checkbox"/> Berries <input type="checkbox"/> Mangoes <input type="checkbox"/> Mixed fruit	<b>Plant-based protein foods</b> <input type="checkbox"/> Chickpeas <input type="checkbox"/> Kidney/black beans <input type="checkbox"/> Meatless ground round <input type="checkbox"/> Nut butter <input type="checkbox"/> Nuts (peanuts, almonds, cashews) <input type="checkbox"/> Peanut butter <input type="checkbox"/> Seeds <input type="checkbox"/> Tofu  <b>Meat, poultry, eggs and fish</b> <input type="checkbox"/> Beef <input type="checkbox"/> Chicken <input type="checkbox"/> Eggs <input type="checkbox"/> Fresh and frozen fish and shellfish (mackerel, salmon, sardines, scallops, shrimp, trout) <input type="checkbox"/> Ground beef <input type="checkbox"/> Ground turkey <input type="checkbox"/> Pork  <b>Milk, dairy and soy foods</b> <input type="checkbox"/> Canned milk <input type="checkbox"/> Cheese <input type="checkbox"/> Fortified soy beverage <input type="checkbox"/> Kefir <input type="checkbox"/> Milk <input type="checkbox"/> Skim milk powder <input type="checkbox"/> Yogurt	<input type="checkbox"/> 100% whole grain bread <input type="checkbox"/> Bran cereal <input type="checkbox"/> Brown rice <input type="checkbox"/> Bulgur <input type="checkbox"/> Chapati/roti <input type="checkbox"/> Couscous <input type="checkbox"/> Oatmeal <input type="checkbox"/> Popcorn kernels <input type="checkbox"/> Pot barley <input type="checkbox"/> Quinoa <input type="checkbox"/> Whole grain cereal <input type="checkbox"/> Whole grain crackers <input type="checkbox"/> Whole grain flat breads <input type="checkbox"/> Whole grain pasta <input type="checkbox"/> Whole grain pitas <input type="checkbox"/> Whole grain tortillas	<input type="checkbox"/> Canola oil <input type="checkbox"/> Corn oil <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Olive oil <input type="checkbox"/> Peanut oil <input type="checkbox"/> Salad dressing <input type="checkbox"/> Sesame oil <input type="checkbox"/> Soft margarine  <b>Other items</b> <input type="checkbox"/> Chili powder <input type="checkbox"/> Garlic <input type="checkbox"/> Lemon juice <input type="checkbox"/> Parsley <input type="checkbox"/> Pepper <input type="checkbox"/> Vinegar

