HEART-HEALTHY GROCERY LIST

**BEST CHOICES**

 **Limit**

# FRUITS

All fresh & frozen Apple

Apricot Avocado Banana Blackberries Blueberries Cantaloupe Cherries

Grapefruit (caution with some cholesterol- lowering meds) Grapes

Honeydew Kiwi Nectarine Mango Orange Peach

Pear Pineapple Plum Raspberries Strawberries Watermelon

Dried fruit, no added sugar Canned fruit & applesauce, no added sugar

100% fruit juice

# VEGETABLES

All fresh & frozen (without sauce)

Artichokes Asparagus Bell peppers Broccoli

Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumbers Eggplant

Green beans Jicama

Leafy greens (caution if taking Coumadin/warfarin)

# GRAINS

***Select 100% whole wheat when possible***

High-fiber breakfast cereal Oatmeal (in round canister) Oat bran

Cream of Wheat Bagels Bagel/sandwich thins English Muffins Tortillas (high fiber) Bread, buns, & rolls Whole wheat Pitas Whole grain pasta Brown rice

Quinoa Couscous Barley Grits Bulgur

Wheat berries Millet

Flaxseed, milled Potatoes (not instant) Corn

Peas

Air-popped popcorn Rice cakes

Low sodium grain crackers No salt pretzels

# PROTEIN

>90% lean ground meat Loin cuts of beef & pork Chicken & turkey, skinless Cornish hens, skinless Rotisserie chicken, skinless Shellfish: shrimp, scallops Fatty fish: salmon, trout, albacore tuna, sardines Tilapia & cod

Eggs

Nuts & seeds (low/no salt) Soy nuts (low or no salt) Nut butters (Natural type) Seed butter

Edamame

Cooked dried beans: black,

# DAIRY

Fat-free or 1% milk Fortified soymilk Light yogurt Lowfat yogurt

Lowfat Greek yogurt Lowfat Kefir

Cheeses: (reduced-fat & reduced sodium)

# OILS:

Tub-margarine (no hydrogen­ ated oils)

Canola oil Olive oil Cooking spray

Light mayonnaise Light salad dressing

# OTHER:

100% fruit jam/jelly No salt added ketchup Low sodium mustard

Vinegar/ flavored vinegar Herbs & spices (no salt) No salt bullion cubes Unsalted stocks

# TREATS:

Cooked pudding Gelatin Popsicles &

Low fat fudge bars Light ice cream Graham crackers

Animal crackers, unfrosted Angel food cake

70% dk chocolate (loz/day) Alcohol (ask MD)

# FRUITS

Banana chips (fried) Trail mix (purchased)

# VEGETABLES

Veggies with cheese/ sauces Canned, full sodium veggies Sauerkraut

High-sodium V8/tomato juice

# GRAINS

***Limit white, refined grains*** Croissants, muffins Doughnuts & cinnamon rolls Biscuits, pastries

Sugared cereals

Creamy Potato/pasta salad Macaroni & cheese

Boxed rice/ pasta mixes Potato chips

Full-butter popcorn

# PROTEIN

70-85% lean ground meat Poultry with skin

Pork ribs Ham

Marbled steak/ beef Sausages: bratwurst, break fast, Italian, & Polish Chicken & turkey sausages Hot dogs

Lunchmeat Bacon Pizza

TV dinners (unless low salt)

# DAIRY

Whole milk Full-fat cheese

Powered coffee creamer

# EXTRAS:

Alfredo sauce

Stick margarine, Crisco Cakes, cookies, pie & brownies (purchased)

Mushrooms Onions

Peapods & sugar snap peas Radish

Spaghetti squash Summer squash

Tomato & cherry tomatoes Zucchini

Tomato sauce (no salt added)