

# HEART-HEALTHY GROCERY LIST

## BEST CHOICES

### 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)  
 Mushrooms  
 Onions  
 Peapods & sugar snap peas  
 Radish  
 Spaghetti squash  
 Summer squash  
 Tomato & cherry tomatoes  
 Zucchini  
 Tomato sauce (no salt added)

### 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, kidney, great northern, etc  
 Lentils  
 Hummus  
 Tofu  
 Tempeh  
 Soy/veggie burger (low salt)

### 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 hydrogenated 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 (1oz/day)  
 Alcohol (ask MD)



## CHOICES TO LIMIT

### 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, breakfast, 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)

-Choose grains where first ingredient listed is "whole grain \_\_\_\_"

-Choose grains with 3 grams of fiber or more per serving.

-Keep a running grocery list at home and stick to your list when shopping to decrease impulse purchases

-Select a variety of fruits and vegetables every time you shop

