

Basic Healthy Grocery List

Bread, Pasta and Cereal

- Brown, wild rice, barley:
- Crackers, low-fat, reduced-sodium:
- Oatmeal, oat bran, wheat bran, cram of wheat:
- Whole-grain bread, bagels, English muffins, pasta:
- Whole-grain cereals: 3+ g fiber / serving is best

Fruit and Vegetables

- Fresh fruit: buy fruits in season for best quality and price
- Frozen fruit: watch out for amount sugar added
- Canned fruit (in it's own juice):
- Fresh vegetables: buy vegetables in season for best quality and price
- Frozen vegetables:
- Canned vegetables (low sodium/no added salt):
- Vegetable-rich canned soups (low sodium if possible):

Condiments

- Herbs and spices: fresh, dried
- Honey:
- Jam or jelly:
- Ketchup:
- Low-fat salad dressings: fat free if you like the taste
- Mustard:
- Olive oil: extra virgin is best
- Salsa: make your own for lower sodium version

Dairy

- Eggs or egg substitute:
- Fat-free or low-fat milk:
- Fat-free or low-fat yogurt:
- Low-fat cheese:
- Low-fat cottage cheese:
- Light margarine:

Meat/Protein

- Dry beans of all types:
- Lean beef:
- Pork tenderloin:
- Tofu, soft, hard:
- Vegetarian burgers, peanut butter:
- White meat (breast), skinless chicken, turkey: