

Healthy Shopping Checklist

Vegetables:

- lettuce (Romaine)
- spinach
- tomatoes
- cucumbers
- bell peppers
- white mushrooms
- portabello mushrooms
- avocado
- baby carrots
- shredded carrots
- celery
- broccoli
- shredded broccoli
- broccoli rabi
- zucchini or yellow squash
- winter squash
- eggplant
- kale, collards, greens
- cauliflower
- cabbage
- shredded cabbage
- fresh corn
- herbs _____
- onions
- garlic
- potatoes
- tofu
- other _____

Fruits:

- strawberries
- raspberries
- blueberries
- bananas
- apples
- pears
- peaches
- nectarines
- plums
- watermelon
- cantaloupe
- honeydew
- pineapple
- oranges
- grapefruit
- lemons/limes
- grapes
- cherries
- kiwi
- other _____

Packaged:

- baked tortilla chips
- baked potato chips
- whole-grain crackers
- baked whole-grain pita chips
- brown rice or popcorn cakes
- low-fat microwave popcorn
- popcorn
- other _____

Cereal:

- (Look for whole-grain cereals with > 3g fiber and < 10g sugar per serving)
- whole-grain cereals
 - old fashioned oatmeal
 - other _____

Canned:

- tomatoes
- tomato paste
- tomato sauce
- hominy
- black beans
- pinto beans
- cannellini beans
- garbanzo beans
- kidney beans
- low-fat soup
- chicken and vegetable broth
- canned fruit in juice
- unsweetened applesauce
- unsweetened fruit sauces
- no-salt canned vegetables
- tuna fish in water
- tuna in vacuum packs
- salmon in water
- salmon in vacuum packs
- other _____

Dried:

- assorted beans
- lentils
- quick-cooking brown rice
- long-cooking brown rice
- assorted whole-grain pasta
- whole-grain lasagna noodles
- barley
- corn meal
- raisins
- dried cranberries
- assorted dried fruit
- walnuts, pecans, almonds
- other _____

Baking and Dry Goods:

- pure vanilla extract
- baking powder
- baking soda
- cocoa powder
- peanut butter
- dried herbs _____
- spices _____
- canola or olive oil
- no-stick cooking spray
- whole-wheat flour
- whole-wheat pastry flour
- white whole-wheat flour
- whole-grain muffin mix

Condiments:

- ketchup
- mustard – assorted varieties
- relish
- reduced-sodium soy sauce
- balsamic vinegar
- seasoned rice vinegar
- vinegar _____
- Worcestershire sauce
- low-fat mayonnaise
- reduced-calorie syrup
- low-fat salad dressings
- no-sugar jam
- other _____

Bread:

- 100% whole-wheat bread
- whole-wheat pitas
- low-fat whole-grain tortillas
- corn tortilla
- other _____

Dairy:

- fat-free lite yogurt
- low-fat cheese
- low-fat string cheese
- low-fat shredded cheese
- fat-free milk
- fat-free half and half cream
- fortified soy milk
- orange juice with calcium
- non-fat ricotta cheese
- non-fat sour cream
- Parmesan cheese
- other _____

Frozen:

- veggie burgers
- vegetable medley
- peas with carrots
- plain corn
- frozen fruits
- rice and stir-fry medley
- chopped spinach
- winter squash
- Brussels sprouts
- black-eyed peas
- lima beans
- chicken breasts
- salmon fillets
- tilapia fillets
- other _____

Meat/Poultry/Fish:

- turkey breast
- lean pork (tenderloin, loin)
- extra lean (95%) ground beef
- lean beef (tenderloin, top round)
- chicken breast
- fish – assorted types
- shrimp or other shellfish
- other _____

Adapted from "Healthy Shopping Checklist," under license and with permission, from "Shopping Smart for Weight Loss." Food and Health Communications Inc. 2008