

Shopping List

Make nutrient-rich choices in all five food groups.



Grains

- Bagels
- Brown rice
- Bulgur/Cracked wheat
- Corn flakes
- Corn tortillas
- Couscous
- Enriched white bread
- Multi-grain bread
- Oatmeal
- Popcorn
- Pretzels
- Wheat cereal
- Whole grain barley
- Whole wheat crackers
- Whole wheat cereal
- Whole wheat noodles
- Whole wheat sandwich buns and rolls



Fruits

- Avocados
- Apples
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Grapes
- Grapefruit
- Kiwifruit
- Mangos
- Orange juice
- Peaches
- Pineapples
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon



Meat & Beans

- Almonds
- Beef bottom round roast or steak
- Beef tenderloin
- Brisket, flat half
- Canned Tuna
- Catfish
- Crab
- Eggs
- Ground beef (90-95% lean)
- Lamb roast
- Lamp chops
- Peanut butter
- Peanuts
- Pinto beans
- Pork tenderloin
- Pork, boneless loin chops
- Pork, boneless loin roast
- Pumpkin seeds
- Salmon
- Shrimp
- Skinless chicken breast
- Skinless chicken thigh
- Skinless ground chicken breast
- Skinless ground turkey breast
- Skinless turkey breast
- Skinless turkey thigh
- Soy beans
- Sunflower seeds
- T-Bone steak
- Tilapia
- Tofu
- Top sirloin steak
- Walnuts



Vegetables

- Arugula lettuce
- Asparagus
- Bell peppers
- Broccoli
- Brussels sprouts
- Cauliflower
- Carrots
- Garbanzo beans
- Green beans
- Green cabbage
- Green onion
- Mushrooms
- Kidney beans
- Okra
- Peas
- Red cabbage
- Red onions
- Red potatoes
- Romaine lettuce
- Spinach
- Summer squash
- Sweet potatoes
- Tomatoes
- Zucchini



Milk

- Low-fat or fat-free milk
- Lactose free milks
- Reduced-fat chocolate milk or other flavored milks
- Low-fat or fat-free yogurt

Reduced-fat, Low-fat or Fat-free Cheese

- American
- Cheddar
- Cottage Cheese
- Mozzarella
- Parmesan
- Ricotta
- Swiss

