

Healthy Shopping List

Vegetables:

- 3-5 vegetables in season
- lettuce for salads
- fresh veggies for salads
- potatoes
- winter squash
- sweet potatoes
- tomatoes
- onions and garlic
- broccoli

Fruits:

- apples/pears
- bananas
- berries
- grapes
- lemons/limes
- oranges/grapefruit
- peaches/plums
- watermelon/melon

Dairy:

- egg whites
- margarine, light tub
- milk, skim
- sour cream, nonfat
- yogurt, fat-free, light

Frozen:

- frozen fruits, unsweetened
- vegetables, plain

Fish/Poultry/Lean Meat:

- chicken or turkey breast
- fish (not breaded)
- lean beef, pork

Cereal*:

- oatmeal

- shredded wheat
- whole-grain cereal
- * 3 g fiber, less than 10 g sugar*

Canned*:

- beans
- fruit in water
- chicken broth, low-sodium
- pasta sauce, low-sodium
- soup, low-fat, low-sodium
- tomatoes, no added salt
- tuna in water
- * low-sodium, no added sugar*

Dried and Packaged:

- barley
- beans/lentils/dried peas
- brown rice
- herbs _____
- nuts, nut butters
- pasta
- popcorn, low-fat
- raisins
- spices _____
- vegetable oil

Condiments:

- jam, light
- ketchup, no-salt
- mayo, low-fat
- salad dressing, low-fat
- soy sauce, light
- vinegar _____

Bread:

- 100% whole-wheat bread
- corn tortillas
- whole-grain crackers (lowfat)
- whole-wheat pitas

Nutrition Facts

Serving Size 1 cup (228 g)
Servings Per Container: 2

Amount per serving		% Daily Value*	
Calories 250	Calories from Fat 120		
Total Fat 13g		20%	
Saturated Fat 5g		25%	
Trans fat 2g			
Cholesterol 30mg		10%	
Sodium 660mg		28%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A 4%	Vitamin C 2%	Calcium 15%	Iron 4%

Three Easy Steps for Label Reading:

1. Look at serving size, servings per container and calories.

Eating too many calories per day is linked to people being overweight, obese and developing certain chronic diseases.

2. Limit fat, saturated fat, trans fat, cholesterol and sodium.

Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases. Shoot for 5% or less of the daily value.

3. Get enough fiber and important nutrients.

Eating enough fiber and nutrients can improve your health and help reduce your risk of some diseases.

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Quick 5 Checklist to Save \$\$:

- Look for store brands
- On sale - good - stock up!
- Compare unit pricing
- Stick to your list
- Use less meat, soda, cookies, crackers, chips, deli, bakery and convenience items

