

Healthy Foods Shopping List

PROTEIN

Meat and Poultry:

Beef, extra lean or lean ground; grass fed
Beef, lean cuts: top round, eye of round,
sirloin, sirloin tip; grass fed

Bison

Eggs (preferably organic)
Egg substitute
Applegate Farms and Boar's
Head sliced deli meats
Chicken and turkey

Fish and Seafood:

Fresh fish
Salmon, wild or canned (sockeye or coho)
Sardines
Seafood: crab, lobster, mussels, scallops, shrimp

Trout, canned in water
Tuna, canned in water or in pouches
Herring in wine sauce

Vegetarian:

Boca burgers
Gardenburgers
Tofu; Tempeh

DAIRY/DAIRY ALTERNATIVES

Buttermilk, lowfat
Cottage cheese, lowfat
Kefir
Laughing Cow Light cheese wedges
Milk, skim or 1%

Mozzarella, part skim; string cheese
Ricotta, part skim

Soy milk, calcium fortified
Yogurt (0% Greek-style, nonfat, lowfat)

VEGETABLES

Artichoke
Arugula
Asparagus
Bibb lettuce
Beans, green or wax
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cilantro
Corn
Cucumber
Eggplant

Escarole
Garlic
Green beans
Greens, collard, turnip
Peppers, sweet/hot
Jicama
Kale
Kohlrabi
Leeks
Mushrooms
Onion/shallots
Peas
Potatoes, all varieties
Radicchio
Radish
Romaine lettuce

Snap peas, snow peas
Spinach
Squash, summer/winter
Swiss chard
Tomatoes
Watercress
Yams, sweet potatoes

FRUITS

Apples	Kiwi	Pears
Apricots		
Avocado	Lemons	Pineapple
Banana	Limes	Plums
Blueberries	Melons	Raspberries/blackberries
Cherries	Nectarines	Strawberries
Grapes	Oranges	Tangerines
Grapefruit	Peaches	Watermelon

PASTA, BREADS, GRAINS, CEREALS

Barley, whole grain hulled (preferable to pearl)
Brown rice
Cornmeal, whole grain
Corn tortillas
Couscous (whole wheat)
High fiber cereals (at least 5 grams fiber per serving)
Oatmeal (steel cut preferable, quick-cooking okay, avoid instant)
Quinoa
Rye Krisp and Ryvita crackers
Wasa crackers
Wild rice
Whole grain bread, pita, tortillas, pasta, etc

CANNED FOODS

Beans, baked, vegetarian	Pasta sauce (Classico, Trader Joe's No Salt)
Beans, whole (rinse before using)	Soups, reduced salt (eg. Healthy Choice,
Beans, refried (vegetarian)	Campbell's Healthy Request, Tabatchnick)
Chicken broth, low sodium	Vegetables, reduced or no-salt, or rinse first
Fruits, in own juice or extra light syrup	

FATS

Avocado and avocado oil
Margarine, soft tub (no trans fat added, eg. Smart Balance or Earth Balance)
Unsalted butter
Nuts: almond, pine, pecans, macadamia, walnuts; nut butters such as peanut and almond; nut oils (walnut, hazelnut)
Seeds: sunflower, sesame, pumpkin; sesame seed oil
Oils (olive, canola, peanut); flax seed meal

MISCELLANEOUS

Evaporated skim milk	Tomato paste and tomato sauce (no salt)
Mustard, organic catsup	Vegetables, frozen
Salsa	Vinegar (rice wine, aged balsamic, red wine,
Sour cream, light (Daisy brand)	white wine, white balsamic, raspberry
Spices and fresh herbs	blush balsamic)