



## Healthy Grocery List



### Healthy Grocery List

Grocery shopping will be an easier experience and you will likely bring home healthier foods if you start with a healthy grocery shopping list. With a grocery list in hand, you won't be as likely to wander the junk food aisles and make impulse purchases. You can copy or print out this healthy grocery list or you can make your own.

### Here's What to Include on Your Healthy Grocery List

1. Fresh vegetables and fruits should make up the largest part of your healthy foods grocery list. Vegetables and fruits have vitamins, minerals, antioxidants and they are usually low in calories. We all need at least five or more servings of vegetables and fruits every day. Choose a variety of fruits and vegetables that everyone in your family will enjoy.
2. Most of your grain and cereal products should be made from whole grains, not from refined flours. This part of your list includes whole grain breads, whole grain pastas, and whole grain breakfast cereals. Whole grains are important for vitamins, minerals, and for fiber, which is often lacking in modern diets. Read labels to look for 100% whole-grain or 100% whole-wheat to be sure you are getting whole grain products.
3. Your protein and meat choices should consist mostly of fish, poultry and lean meats. Eggs, nuts, seeds and legumes are also good protein choices. Choose fresh and frozen unbreaded meats and fish. Avoid breaded, deep-fried convenience foods that you put in the oven. They are high in fats and sodium.
4. Beverages should be kept simple. Water, low-fat milk, juices and herbal teas are all good choices. If you opt for soft drinks, choose diet sodas and soft drinks to avoid extra sugar.
5. Dairy products should include low-fat milk, yogurt and cheese. If you do not want cows' milk, choose soy and rice beverages, calcium-fortified orange juice, or goats' milks and cheese.

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6. Be careful with dressings, cooking oils and condiments. They are sneaky sources of refined sugar and poor quality oils. Read labels to choose dressings made with olive oil, canola oil or walnut oil. Choose low-fat mayonnaise for your sandwiches and choose canola oil and olive oil for cooking.
7. Frozen foods are a convenient way to keep vegetables on hand. There are also prepared meals that you can pop into the microwave or oven. These can be convenient and healthy if you choose low fat versions with good portion sizes. Read labels and chose frozen foods wisely. Avoid frozen pizzas, pocket-sandwiches, deep-fried appetizers, and breaded foods.
8. Foods in cans and jars are also very convenient. Look for low-sodium soups, vegetables and sauces. Avoid high-fat gravies and high-calorie foods like canned spaghetti and ravioli products.
9. For sandwiches, choose peanut butter or other nut butters, low-fat turkey slices or sliced roast beef. Avoid processed lunch meats, sausages and hot dogs.
10. Don't load up on high calorie treats and desserts. Choose fresh fruits, healthy nuts, seeds and whole grain crackers for snacks.

### Healthy Grocery List

**Fresh Vegetables**

Lettuce	Other Greens	Cucumbers	Carrots
Asparagus	Zucchini	Radishes	Tomatoes
Green Beans	Onions	Green Onions	Peppers
Cauliflower	Broccoli	Peas	Celery
Potatoes	Corn	Sweet Potatoes	Squash

Other Vegetables:

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**Fresh Fruits**

Bananas	Apples	Oranges	Pears
Peaches	Nectarines	Grapefruit	Berries

Other Fruits:

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**Frozen Foods**

Green Beans	Peas	Mixed Vegetables	Carrots
Chicken Breasts	Fruit Juice Bars	Blueberries	Corn
Fish Fillets	Onions	Vegetarian Burgers	Shrimp
Other Frozen:		_____	
_____		_____	

**Canned Foods**

Black Beans	Tomatoes	Marinara Sauce	Tuna
Salmon	Pinto Beans	White Beans	Pineapples
Other Canned Foods:			
_____		_____	

**Meats**

Lean Hamburger	Pork Chops	Steaks	Fish
Shell Fish	Chicken	Turkey	Ham
Other Meats:			
_____		_____	

**Grains and Cereals**

Whole Grain Bread	Whole Grain Pasta	Whole Grain Cereal	Oatmeal
Other Grains:			
_____		_____	

**Beverages**

100% Fruit Juice	Sparkling Water	Tomato Juice	Herb Tea
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Other  
Beverages:

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**Dairy and  
Eggs**

Low Fat Sour Cream

Low Fat Milk

Cheddar Cheese

Butter

Low Fat Cream Cheese

Mozzarella Cheese

Yogurt

Other Dairy:

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**Miscellaneous  
Items**

Herbs and  
Spices

Sesame Oil

Low Fat Dressings

Mustard

Low Fat  
Mayonnaise

Honey

Low Sodium Soy Sauce

Walnuts

Pumpkin Seeds

Mixed Nuts

Almonds

Pecans

Flax Seeds

Olive Oil

Walnut Oil

Garlic

Other

Miscellaneous

Items:

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