GROCERY SHOPPING Checklist

Vegetables
- non-starchy veggies: beets, asparagus, kale, cabbage, radish, cauliflower, celery, okra, cucumber, jicama, mushrooms, etc.
  Fill half your plate with non-starchy veggie choices. Steam, microwave, grill, or bake with herbs and spices.
- frozen veggies: spinach, green beans, broccoli, carrots, etc.
  Easy and quick to add to meals.
- green salad: spring mix, kale, lettuce, spinach, mesclun, etc.
  Serve protein with fresh greens topped with oil and vinegar.

Fruit
- fresh fruit: apples, oranges, pears, berries, melon, kiwi
  Pair fresh fruit with some protein for a healthy snack.
- frozen fruit: berries
  Stock your freezer with frozen fruit for yogurt toppings or smoothies.
- canned/packaged fruit: pears, peaches, unsweetened apple sauce
  Be sure to choose in water or juice.

Grains
- cereal/oatmeal
  Look for ones made with only whole grains and no added sugar.
- quinoa, whole grain bread, whole wheat pasta, brown rice, etc.
  Choose 100% whole grain. Be mindful of portion sizes and serve w/ protein and non-starchy veggies.

Protein
- lean meats: chicken breast, fish, ground chicken/turkey, eggs
  When you buy chicken and fish in excess, you can always freeze them to eat another time. Bake, grill, roast, or sautee meats.
- other: nuts, legumes, tofu
  Vary your protein with vegetarian sources. Unsalted nuts contain healthy fats, have 10-12 for snack. If choosing beans, limit to 1/2 cup.
- protein shakes, bars
  Choose products w/ <200 calories, >15 gm protein, <10 gm added sugar, and <15 gm carbohydrates.

Dairy
- low fat milk or unsweetened milk alternative (soy, almond, etc.)
  Great base for protein smoothies.
- low fat Greek yogurt, kefir, etc.
  Buy a large container of low-fat plain and mix 4-6oz with frozen fruit and PB2 powder for snack.
- low fat cheese
  Choose a low fat cheese stick for a protein filled on the go snack.

Pantry
- herbs / spices
  Flavor your food with mixes without added salt/sodium.
- oils: avocado oil, olive oil
  Use avocado oil for cooking and olive oil for salad dressing.
- spreads/dips: peanut butter, hummus, tzatziki
  Check that the product has no added sugar. Serve with veggies.

Developed by Linda Y. Yung, MS RD