

Healthy Grocery Lists

[webmd.com]

Having a well-planned grocery list not only gets you in and out of the store quickly, but also helps you stick to an affordable, organized, and healthy diet.

Bakery and Bread

Look for “whole wheat flour” or “whole wheat” as the first ingredient. Choose whole-grain breads with at least 3-4 grams of fiber that are less than 100 calories per serving.

On Your List

- Whole wheat bread
- Whole wheat pita pockets
- Whole-grain flour tortillas
- Whole wheat English muffins

Meat and Seafood

If you buy red meat, choose lean cuts. Choose ground chicken or ground turkey over ground beef for a low-fat meal.

On Your List

- Skinless chicken or turkey breasts
- Ground turkey or chicken
- Salmon, halibut, trout, mackerel
- Reduced-sodium lunchmeat

Pasta and Rice

Again, choose whole grains whenever possible. Buy high-fiber, low-calorie choices.

On Your List

- Brown rice
- Quinoa
- Whole-wheat or whole-grain pasta

Cereals/Breakfast Food

Buy high-fiber and low-sugar cereals and cereal bars. Granola is a protein-filled alternative to cereal. Add sweetness with berries or dried fruit.

On Your List

- Whole-grain cereal
- Whole-grain cereal bars
- Oatmeal

Condiments

Many sauces and oils are high in sodium and sugar. Look for sugar-free and low-sodium alternatives. Replace high-fat choices such as mayonnaise with salsa or sour cream.

On Your List

- Tomato sauce
- Mustard
- Salsa
- Non-fat cooking spray, or olive oil
- Red-wine vinegar



Soups/Canned Goods

Many soups have a high level of sodium, so choose low-sodium options. When buying canned fruits, buy those packaged with juice rather than syrup.

On Your List

- Diced or whole tomatoes
- Low-fat soups/broths
- Diced green chilies
- Pineapple rings

Frozen Foods

Frozen veggies are a quick option when making soups, casseroles, or stews. Low-fat yogurt blended with frozen fruits makes a healthy smoothie.

On Your List

- Frozen vegetables
- Frozen fruit
- Frozen, cooked shrimp
- Low-fat frozen yogurt

Drinks

Buy 100% fruit juice instead of a “juice drink”.

On Your List

- Unsweetened green tea
- Orange juice
- Sparkling water



Dairy/Eggs

Buying stronger-flavored cheeses can provide the same taste with smaller portions. Don't buy pre-sweetened or flavored yogurts; buy plain yogurt and flavor it with berries or jam.

On Your List

- **Skim/low-fat milk**
- **Soy milk**
- **Fat-free/low-fat yogurt**
- **Low-fat cheese**
- **Eggs or egg substitutes**
- **Tofu**
- **Butter (rather than options with hydrogenated oils)**



Snacks and Crackers

Choose filling, nutritional snacks over high-calorie, high-sugar, and high-fat options.

On Your List

- **Whole grain crackers**
- **Dried fruit**
- **Nuts (almonds, walnuts, pecans, peanuts)**
- **Seeds**
- **Peanut butter**

Produce

Buy locally grown and in-season fruits and vegetables. Look for a large variety of colorful produce.

On Your List

- **Bananas, strawberries**
- **Baby spinach, broccoli**



Name: _____

Monthly Health Challenge: Healthy Grocery Shopping

Instructions

1. Post this calendar where you will see it daily (desk, fridge, car, bedroom, etc.).
2. Record the number of days you **stick to your meal plan** and utilize your healthy grocery list.
3. Use the calendar to record the actions and choices you make to help you make your habits healthy habits.
4. At the end of the month, total the number of days you didn't stuck to your grocery plan. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

The biggest struggle I have at the Grocery Store is:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Number of Days I was Successful: