

# What's in Your Cart?



Here is a suggested list to help choose healthy items for your family at the grocery store:

## Fruits and Vegetables

- Fresh fruits
- Fresh vegetables
- Frozen vegetables (no sauce)
- Frozen fruits (no sugar)

## Breads, Grains, and Starches

- Whole wheat bread
- Whole wheat bagel thins
- Whole wheat English muffins
- Whole wheat noodles
- Whole wheat tortilla
- Whole wheat pitas
- Whole grain cereals (low sugar)
- Oatmeal (not instant)
- Grits
- Brown rice

## Protein

- Dried beans
- Peanut butter
- Skinless and boneless chicken thighs
- Chicken (remove skin) or turkey
- Loin or round cuts of meat
- Eggs
- Egg substitute
- Fish
- Tuna in water
- Low-fat lunch meats (low sodium even better)
- Turkey or chicken sausage
- Ground turkey
- Vegetarian burgers

## Low-Fat Dairy

- Skim or 1% milk
- Low-fat yogurt
- Low-fat mozzarella
- 2% cheese
- Low-fat cream cheese
- Low-fat or fat-free sour cream
- Low-fat creamer

- Low-fat cottage cheese or ricotta cheese
- Parmesan cheese
- Diet or fat-free pudding
- Low-sugar and low-fat ice cream

## Soups and Canned Goods

- Low-sodium vegetables
- Low-sodium soups
- Canned fruit in own juice
- Unsweetened applesauce
- Canned beans (rinsed)
- No-salt-added tomatoes

## Snack Foods (try to get low sodium)

- Low-fat popcorn
- Baked chips and pretzels
- Whole grain crackers
- Fig bars
- Vanilla wafers and graham crackers
- Unsalted nuts
- Dried fruits (watch your portions)
- Rice cakes
- Fat-free, sugar-free pudding
- Low-fat fudge pops
- 100% fruit popsicles

## Drinks

- 100% fruit juice (no added sugar)
- Club soda
- Flavored seltzer water
- Diet drinks
- Crystal Light
- Tea bags
- Unsweetened tea
- Coffee
- Water
- No-calorie flavored water
- Milk alternatives like rice milk or almond milk

