

Gail Posner's
Healthy Ways Nutrition Counseling

Individualized, Sensible & Permanent Nutritional Plans with Registered Dietitians
(248) 855-4558

HEALTHY SHOPPING CHECK LIST

Vegetables:

- _____ avocado
- _____ bell peppers
- _____ broccoli
- _____ cabbage
- _____ cauliflower
- _____ carrots
- _____ celery
- _____ corn
- _____ cucumbers
- _____ eggplant
- _____ garlic
- _____ kale, collards
- _____ lettuce, romaine
- _____ mushrooms
- _____ potatoes
- _____ spinach
- _____ squash
- _____ tofu
- _____ tomatoes
- _____ zucchini
- _____ other _____

Fruits:

- _____ apples
- _____ bananas
- _____ blueberries
- _____ cantaloupe
- _____ grapefruit
- _____ grapes
- _____ honeydew
- _____ kiwi
- _____ lemons/limes
- _____ oranges
- _____ peaches
- _____ pears
- _____ pineapple
- _____ plums
- _____ raspberries
- _____ strawberries
- _____ watermelon
- _____ other _____

Crackers etc:

- (< 3 g fat and
>than 2 g of fiber)
- _____ baked potato chips
 - _____ baked tortilla chips
 - _____ crackers
 - _____ popcorn
 - _____ pretzels
 - _____ whole grain crackers

Cereal:

- (buy whole grain cereal
with > 5 g fiber and <
10 g sugar per serving)
- _____ oatmeal
 - _____ shredded wheat
 - _____ other _____

Canned/Packaged:

- _____ apple sauce
- _____ beans; black, cannellini, garbanzo, kidney, pinto
- _____ fruit/ in juice
- _____ can vegetables (low sodium)
- _____ chicken broth
- _____ low-fat soup
- _____ parmesan cheese
- _____ pasta sauce
- _____ tomato sauce
- _____ tuna / in water

Bread:

- _____ corn tortilla
- _____ low-fat tortillas
- _____ 100% whole wheat
- _____ whole wheat pitas

Dried:

- _____ barley
- _____ beans
- _____ brown rice
- _____ lentils
- _____ macaroni
- _____ nuts
- _____ pasta
- _____ peanut butter
- _____ raisins
- _____ spices
- _____ vegetable oil spray

Condiments:

- _____ jam (light)
- _____ ketchup
- _____ oil (olive and canola)
- _____ mayo (fat-free)
- _____ mustard
- _____ relish
- _____ salad dressing (low-fat)
- _____ soy sauce (light)
- _____ vinegar
- _____ Worcestershire

Beverages:

- _____ juice (100%)
- _____ water
- _____ other _____

Frozen:

- _____ dinners (low fat)
- _____ frozen fruits
- _____ ice cream (low fat on sticks)
- _____ rice & stir-fry medley
- _____ vegetables
- _____ veggie burgers

Dairy:

- _____ cheese (low fat)
- _____ cottage cheese (low fat)
- _____ egg/substitute
- _____ margarine (no trans fat)
- _____ milk (fat free)
- _____ orange juice w/calcium
- _____ sour cream (nonfat)
- _____ soy milk (fortified)
- _____ yogurt (fat free-light)

Poultry/Fish/Meat:

- _____ chicken breast
- _____ fish/shrimp
- _____ ham
- _____ hot dogs (low fat)
- _____ lean beef (loin)
- _____ lean pork (loin)

Shopping tips:

- * Copy this list and use it to plan meals and create a shopping list.
- * Plan your meals around vegetables, fruits, whole grains and beans instead of meat (e.g. pasta, stir frys, salads, soups, chili and baked potatoes).
- * Fill half your cart with produce (fresh, frozen or canned).
- * Experiment with new vegetables, new pasta shapes and new grains.