

Sample Healthy Shopping List

HEALTHY PROTEIN

- Beans
- Cheese
- Eggs
- Fish
- Lentils
- Skinless chicken
- Tofu
- Veggie burgers

WHOLE GRAINS/STARCH/ FRUITS

- Air-popped popcorn
- Amaranth
- Apples
- Apricots
- Berries
- Brown or wild rice
- Bulgur
- Cherries
- Corn tortillas
- Farro
- Grits
- Kiwis
- Oranges
- Peaches
- Pears
- Plantains
- Plums
- Quinoa
- Steel cut oats
- Wheat-bran cereal
- Whole-grain bread, crackers, and pasta

LOW-FAT DAIRY & UNSWEETENED ALTERNATIVES

- Milk
- Plain yogurt
- Unsweetened almond or soy milk

HEALTHY FATS

- Avocado
- Natural nut butter
- Nuts
- Olive oil

VEGETABLES

(fresh, frozen, or canned without added sodium, fat, or sugar)

NONSTARCHY

- Artichokes
- Asparagus
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Greens (collard, kale, mustard, turnip)
- Jicama
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Spaghetti squash
- Sprouts
- Sugar snap peas
- Swiss chard
- Tomatoes
- Water chestnuts
- Zucchini

STARCHY

- All types of potatoes
- Winter squash
- Green peas

My Healthy Shopping List

HEALTHY PROTEIN

Blank space for listing healthy protein items.

WHOLE GRAINS/STARCH/ FRUITS

Blank space for listing whole grains, starch, and fruits.

LOW-FAT DAIRY & UNSWEETENED ALTERNATIVES

Blank space for listing low-fat dairy and unsweetened alternatives.

HEALTHY FATS

Blank space for listing healthy fats.

VEGETABLES

(fresh, frozen, or canned without added sodium, fat, or sugar)

NONSTARCHY

STARCHY

Large blank space for listing vegetables, divided into nonstarchy and starchy sections by a horizontal dotted line.