

# Healthy Shopping Check List

## Vegetables:

- Lettuce
- Spinach
- Tomatoes
- Cucumbers
- Bell Peppers
- Mushrooms
- Avocado
- Carrots
- Celery
- Broccoli
- Zucchini
- Squash
- Eggplant
- Kale, Collards, etc.
- Cauliflower
- Cabbage
- Corn
- Herbs \_\_\_\_\_
- Onions
- Garlic
- Potatoes
- Tofu
- Other: \_\_\_\_\_

## Fruits:

- Strawberries
- Raspberries
- Blueberries
- Bananas
- Apples
- Pears
- Peaches
- Plums
- Watermelon
- Cantaloupe
- Honeydew
- Pineapple
- Oranges
- Grapefruit
- Lemons/Limes
- Grapes
- Kiwi
- Other: \_\_\_\_\_

## Packaged:

- Baked Tortilla Chips
- Baked Potato Chips
- Whole Grain Crackers

## Cereal: (Buy whole grain cereal with >5g fiber and <10g sugar per serving)

- Shredded Wheat
- Oatmeal
- Other: \_\_\_\_\_

## Canned: \*Compare brands to find low-salt items

- Tomatoes\*
- Tomato Paste\*
- Tomato Sauce\*
- Pasta Sauce\*
- Hominy\*
- Black Beans\*
- Pinto Beans\*
- Cannelini Beans\*
- Garbanzo Beans\*
- Kidney Beans\*
- Low-fat soup\*
- Chicken Broth\*
- Canned Fruits

- Apple Sauce
- Canned Vegetables\*
- Tuna Fish in Water\*
- Parmesan Cheese

## Dried:

- Beans
- Lentils
- Brown Rice
- Macaroni
- Lasagna
- Fettuccini
- Linguini
- Spaghetti
- Penne
- Barley
- Corn Meal
- Raisins
- Walnuts
- Almonds
- Vanilla Extract
- Baking Powder

- Baking Soda
- Cocoa Powder
- Prune Puree
- Peanut Butter\*
- Herbs \_\_\_\_\_
- Spices \_\_\_\_\_
- Vegetable Oil Spray

## Condiments:

- Light Ketchup
- Mustard
- Relish
- Light Soy Sauce
- Balsamic Vinegar
- Vinegar \_\_\_\_\_
- Worcestershire
- Fat-Free Mayo
- Reduced-Calorie Syrup
- Low-Fat Salad Dressing
- Light Jam
- Light Chocolate Syrup

## Bread:

- 100% Whole Wheat
- Whole Wheat Pitas
- Low-Fat Tortillas
- Corn Tortillas

## Dairy:

- Fat Free Light Yogurt
- Low-Fat Cheese
- Skim Milk
- Fortified Soy Milk
- Orange Juice w/Calcium
- Nonfat Ricotta Cheese
- Nonfat Sour Cream

## Frozen:

- Veggie Burgers
- Vegetable Medley\*
- Peas w/Carrots

- Plain Corn
- Frozen Fruits
- Rice & Stir-Fry Medleys
- Spinach/Kale
- Winter Squash
- Brussels Sprouts
- Black Eyed Peas
- Lima Beans

## Poultry/Fish:

- Turkey Breast
- Chicken Breast
- Fish/Shrimp



## 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-fry, 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.



This project is sponsored by Kern County Children and Families Commission. Funded by Proposition 10.

