

Healthy Grocery Checklist

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The following is a grocery checklist of foods to keep on hand. Check off the ones you eat frequently and keep supplies well stocked.

You may want to make some copies of this list, add to it, or make your own list to post on your refrigerator. Remember, keeping healthy foods on hand that are easy to prepare lowers your risk of impulse eating!

Grains and Starches

Oatmeal (plain rolled oats)

Hot cereals, Malt-O-Meal®, Cream of Wheat®

Cold cereals (3 grams or more fiber, fewer than 5 grams sugar, and fewer than 3 grams fat per serving) If you like sweetened cereals, try mixing one part sweetened cereal to four parts unsweetened cereal.

Whole grain bagels

Pizza crusts (look for whole grain or oat bran varieties made with little or no oil)

Breads, whole wheat, whole grain, rye, and French

Pita breads, Afghan breads, Lavash breads, and unleavened breads

Rice, brown, white, long-grain (such as basmati), short-grain (such as jasmine and wild rice) (Keep a variety of rice on hand. A rice cooker is a must!)

Tortillas (3 grams or fewer from fat per serving)

Pastas, all varieties

Potatoes, all varieties (baking, Yukon gold, yellow fin, red, purple, new, sweet, and yam)

Dried beans, peas, and lentils

Dried bean soups

Vegetables

Cucumbers

Garlic

Onions

Tomatoes, garden and Roma

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- Red or yellow onion
- Lettuce, red leaf, Romaine, Boston
- Bell peppers, all varieties
- Other varieties of vegetables
- Frozen vegetables (canned are higher in sodium)
- Oriental varieties

Tip: The deep, dark, vibrant vegetables are full of natural vitamins and minerals.

Fruit

Keep stocked and in reach so it is easy to grab.

- Apples
- Apricots
- Berries: blackberries, blueberries, raspberries, and strawberries
- Citrus: oranges, tangerines, grapefruit, lemons, and pineapple
- Grapes
- Mangos
- Melons: cantaloupe, honeydew, and watermelon
- Peaches, nectarines
- Pears
- Pineapple
- Plums
- Apple sauce (no sugar added)
- Canned fruit packed in its own juice or water
- Frozen fruit, no sugar added (peaches, strawberries, blueberries, and raspberries)
- Fruit juice (fresh or canned for cooking or an occasional refreshment)

Tip: Buy organic fruits and vegetables but remember to wash thoroughly and eat soon for freshness.

Tip: If you have the desire or the time to learn, juicing is a superior source of energy, antioxidants, vitamins, minerals, and other beneficial properties contained in fresh produce.

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Lean Meats and Poultry

Choose meats that get fewer than 50% of the calories from fat, are 93% lean, or are 93% fat-free.

___ Deli meats: roast beef, turkey, chicken, ham (Choose real cuts, such as turkey breast and Boar's Head® brand meats. Avoid pressed meats.), hot dogs, bologna, bratwurst, and other cured meats

___ Beef: lean cuts, tenderloin, sirloin, fillet, eye of round, and flank steak for fajitas

___ Beef: longhorn (Lean cuts and ground longhorn compare to turkey breast in fat and cholesterol. Range-fed livestock can be purchased, which is naturally raised without the assistance of antibiotics and steroid injection.)

___ Pork: lean cuts, tenderloin roasts, and butterfly pork chops for fajitas or stir fry

___ Fish: fresh salmon, sea bass, tuna, swordfish, halibut, tilapia, and trout (If fish smells fishy, it is not fresh. Pond-raised fish is freshest, it is not exposed to the environmental contaminants of public bodies of water, and it does not endanger the species in the wild.)

___ Fish: smoked salmon

___ Shellfish (low in fat but high in cholesterol)

___ Chicken, turkey, and poultry: breasts and thighs (boneless/skinless), fillets, tenderloin, and Cornish game hens

___ Ground meats: longhorn beef, round steak, sirloin, veal, pork loin, turkey, and chicken (Have them wrapped in meal-sized portions to eat that day or freeze for later. Thaw for a quick burger, spaghetti dish, taco salad, etc.)

___ Other meats: wild game, ostrich, venison (Most wild game is lean, but duck is high in fat.)

Tip: Trim all visible fat to reduce calories and fat.

Tip: The leanest cuts of meat are found in the hind and loin of livestock. The breast is the leanest part of the bird.

Milk Products, Cheese, and Eggs

___ Yogurt, low-fat and nonfat, plain and with fruit (a healthy and therapeutic food)

___ Milk, 1/2%, 1%, and low-fat (2%)

___ Cheeses, part-skim, skim, and low-fat (50% fat or less per serving) (Low-fat (2%) slices melt well on bread, potatoes, vegetables, and pasta.)

___ Cottage cheese (nonfat, 2%, and 4%)

___ Sour cream, low-fat and nonfat (Low-fat and whole milk yogurt are great substitutes for sour cream.)

___ Cream cheese, low-fat

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___ Cheese, non-dairy, such as almond or soy

Canned Goods

___ Tuna, chunk light in spring water

___ Chicken breast in broth

___ Black olives for flavor (Use as toppings for pizza, salad, and sandwiches. They are a heart-healthy fat source.)

___ Black beans

___ Kidney beans

___ Garbanzo beans (chickpeas)

___ Lima beans

___ Mexican corn

___ Broth: chicken, vegetable, and beef

___ Broth-based soups

Frozen, Convenience, and Snack Foods

Many snack foods contain hydrogenated or partially hydrogenated oils. Hydrogenated fats can raise blood cholesterol in some people. Limit your intake of such foods. The following list contains some alternative snack foods.

___ Low-fat, whole-grain pizza

___ Whole-grain frozen waffles

___ Low-fat, frozen pancakes

___ Non-fat, frozen yogurt and sorbet

___ Microwave popcorn (1-2 grams fat per serving)

___ Pretzels (whole-wheat, low-fat honey mustard, and plain)

___ Cracker Jacks®, flavored rice cakes, and corn cakes

___ Whole-wheat biscuits (Roman Meal®)

___ Low-fat cookies (graham crackers, animal crackers, vanilla wafers, and ginger snaps)

___ Low-fat and baked potato chips and taco chips
(3 grams fat or fewer per serving)

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- ___ Low-fat granola bars and breakfast bars
- ___ Whole-grain bread sticks
- ___ Fat-free puddings and sugar-free Jell-O®
- ___ Bottled waters, sparkling water, low-calorie tonic water and fruit-flavored waters
- ___ Tea, varieties for iced and hot (Try peach mango and blackberry sage.)
- ___ Nuts, in small amounts (1/2-oz. to 1-oz. servings), are great sources of fat to eat on the go or as a toppings for cereal and fruit. Try walnuts, almonds, pecans, and peanuts.

Sauces, Condiments, and Oils

- ___ Barbecue sauce (Try fruit-flavored varieties, like raspberry chipotle, on chicken.)
- ___ Broth, canned, frozen, dehydrated cubes, powder, and granules (chicken, beef, and vegetable)
- ___ Pickles, dill, sweet, bread and butter; pickled vegetables; and relish
- ___ Salad dressings and mayonnaise, low-fat and nonfat
- ___ Salsas (Try varieties, such as corn poblano.) and pico de gallo
- ___ Spaghetti and pasta sauces (Use garden varieties and tomato-based sauces with onion, garlic, and basil. Avoid cream-based sauces and those made with meats and cheeses.)
- ___ Mustard, all varieties
- ___ Teriyaki sauce and marinade
- ___ Worcestershire sauce, soy sauce
- ___ Oils, olive, canola, sesame, peanut, and grape seed (Different oils can add nutritional value and flavor to food.)
- ___ Margarine (spray or liquid) and butter (Use in limited amounts to add flavor to foods.)

Herbs, Seasonings, and Spices

Keep your most commonly used items on hand.

- ___ Herbs, basil, cilantro, dill, oregano, mint, rosemary, etc. Fresh herbs enhance the flavor of food. If you have access to a store that sells herbs in bulk, you can buy them in small quantities. This way, you aren't paying for the expensive packaging, and you use the herbs while they are still fresh.
- ___ Seasonings for flavor, lemon pepper, garlic salt; Molly McButter®, garlic, celery, onion, cumin, mustard powders, poultry seasoning, cayenne pepper, and red pepper
- ___ Spices, allspice, cardamon, cinnamon, ginger, nutmeg, and saffron