

Grocery Store Checklist

Dairy

Fat-free or low-fat milk, low-fat or reduced fat cheeses, fat-free cottage cheese, fat-free or low-fat yogurt, Trans Fat free margarine, Butter, Fat-free or reduced fat sour cream or cream cheese, Eggs or Egg substitute, Tofu

Cereals, Crackers, Rice, Noodles, and Pasta

Low sodium saltines, graham crackers, low fat whole grain crackers, brown rice, whole grain pasta, bulgur, couscous, kasha, hominy, polenta, grits, quinoa, millet, oatmeal.

Vegetables

Any fresh vegetables, low sodium or no added salt canned vegetables, frozen vegetables without added fat or sodium, tomato sauce, lower sodium canned soup.

Breads, Muffins, and rolls

Whole grain bread, English muffins or pita bread, Corn tortillas (not fried), whole wheat tortillas, rice crackers, challah.

Nuts and Seeds

Purchase unsalted almonds, mixed nuts, peanuts, walnuts, cashews, pecans, pistachios, sesame seeds, pumpkin seeds, sunflower seeds.

Fats and Oils

Low fat mayonnaise, canola oil, corn oil, olive oil, safflower oil, low fat or fat free salad dressings, vinaigrette or Italian salad dressing, nut butters, hummus.

Fresh or frozen meats, fish, poultry

White meat chicken and turkey (skin off), fish (not battered), beef (round or sirloin), extra lean ground beef, pork tenderloin, fat free or low fat deli meats,

Fruit and Fruit Juice

Any fresh fruit, 100% fruit juice, canned fruit in juice or water, frozen fruit without added sugar, dried fruit (higher in calories than other fruits)

Beans and Legumes (if canned, get no added salt)

Lentils, Black eyed peas and beans – black, kidney, navy, pinto, fava, Great white northern, garbanzo, edamame.

Beverages

Coffee, Assorted teas, no calorie drink mixes, flavored water, unsweetened iced tea, reduced calorie juices, water.



~A goal without a plan is just a dream~