

Shopping List

Make a shopping list. Include the items you need for your menus and any basics you need to restock in your kitchen.

Produce

- ___ Fresh fruits (bananas, apples, oranges, mangoes, pineapple, papaya, grapes)
- ___ Fresh vegetables (cabbage, bok choy, green onions, spinach, broccoli, carrots, green onions, sweet potatoes, peppers)
- ___ Garlic

Whole-Grain Breads, Muffins, and Rolls

- ___ Bread, bagels
- ___ English muffins
- ___ *Pan de sal*
- ___ Dinner rolls
- ___ _____
- ___ _____
- ___ _____

Cereals, Rice, Crackers, and Noodles

- ___ Steamed rice
- ___ Noodles (pasta)
- ___ Cereal, dry or cooked
- ___ Other _____
- ___ Soda crackers*
- ___ Graham crackers
- ___ Other crackers*
- ___ _____
- ___ _____
- ___ _____



Milk Products†

- ___ Fat-free or low-fat (1%) milk
- ___ Fat-free or low-fat (1%) cottage cheese
- ___ Fat-free or low-fat cheeses
- ___ Fat-free or low-fat yogurt
- ___ Light or diet tub margarine
- ___ Fat-free sour cream
- ___ Fat-free cream cheese
- ___ Eggs

Meats, Poultry, Fish, and Seafood

- ___ Chicken
- ___ Fish (milkfish, grouper, mackerel)
- ___ Seafood (shrimp, mussels, clams, crab, squid)
- ___ Beef (round or sirloin)
- ___ Extra-lean ground beef
- ___ Pork tenderloin, leg, shoulder
- ___ Lower-fat lunch meats (chicken, lean roast beef)*
- ___ Tofu
- ___ Dry beans and peas
- ___ Unsalted roasted nuts
- ___ Peanut butter*



Baking Items

- ___ Flour
- ___ Sugar
- ___ Vegetable oil spray
- ___ Fat-free canned evaporated milk
- ___ Fat-free dry milk powder
- ___ Unsweetened cocoa powder
- ___ Baking powder



Canned Fruits, Vegetables, Beans, and Soups

- ___ Canned fruit in juice
- ___ Applesauce
- ___ Canned tomatoes (no salt added)
- ___ Low-sodium tomato sauce or paste
- ___ Other canned vegetables (no salt added)
- ___ Canned broth (fat-free, low-sodium)*
- ___ Other canned soups*
- ___ Canned beans or peas (no salt or seasoning added)
- ___ _____
- ___ _____

Fats and Oils

- ___ Margarine (liquid, tub, or diet)*
- ___ Unsaturated vegetable oil

Frozen

- ___ Fat-free or low-fat frozen yogurt and desserts*
- ___ Frozen vegetables without sauces
- ___ Frozen fruit juices



Other

- ___ Herbs and spices (anise, basil, bay leaf, lemongrass, oregano, parsley, saffron, sage)
- ___ Vinegar
- ___ Light soy sauce (low sodium)

* Use the Nutrition Facts label to choose foods lowest in saturated fat, *trans* fat, cholesterol, sodium, and calories.

† Or lactose-free milk and milk products, such as low-fat or fat-free soy milk.