

Shopping List

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

Produce

- Fresh fruits (mangos, apples, oranges, pineapple)
- Fresh vegetables (cabbage, lettuce, onions, tomatoes, squash, sweet potatoes, cactus, okra, yuca, plantains)

Whole-Grain Breads, Muffins, and Rolls

- Bread, bagels, pita bread
- English muffins
- Corn tortillas
- Low-fat wheat tortillas

Cereals, Rice, Crackers, Pasta, and Noodles

- Cereal, dry or cooked
- Brown rice
- Whole-wheat pasta (noodles, spaghetti)
- Other _____
- Saltines, 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

- Chicken
- Turkey
- Fish
- Beef (round or sirloin)
- Extra lean ground beef
- Pork tenderloin, leg, shoulder
- Lower-fat lunch meats like turkey, chicken, and lean roast beef*
- Dry beans and peas



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 (no salt or seasoning added)

Fats and Oils

- Margarine (liquid, tub, stick, diet)*
- Vegetable oil

Frozen

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

Other

- Herbs and spices (oregano, cumin, red pepper, cilantro, parsley)



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