

Sample Shopping List

Produce

- Fruits*
- Vegetables*

*Can be fresh or frozen

Grains

- Sliced whole grain bread
- Whole wheat dinner rolls
- Oatmeal
- Whole wheat crackers
- Unsalted, low-fat crackers (such as graham crackers)
- Unsalted pretzels
- Plain popcorn
- Hot cereals (not instant) and whole grain cold cereals
- Brown rice and pasta (such as whole grain noodles, spaghetti, and macaroni)

Dairy

- Fat-free or low-fat (1%) milk
- Fat-free or low-fat yogurt
- Cheeses lower in fat and sodium
- Frozen yogurt
- Pudding

Fats and Oils

- Margarine (tub or squeeze)
- Vegetable oil (canola, olive, corn)

Protein Foods

- Chicken or turkey (remove the skin)
- Fish
- Lean cuts of meat
 - Beef: round, sirloin, chuck, loin, and extra lean ground beef
 - Pork: leg, shoulder, tenderloin, and lean ham
- Eggs
- Tofu
- Beans and peas (black beans, pinto beans, kidney beans, navy beans, chickpeas, lentils)
- Nuts and seeds

Canned Foods

- Canned fruit in juice
- Applesauce
- Tomato sauce or paste (low-sodium)
- Vegetables (low-sodium)
- Broth (fat-free, low-sodium)
- Soups (low-sodium)
- Beans (low-sodium)

Other

- Herbs
- Spices
- _____
- _____



National Heart, Lung,
and Blood Institute

December 2013



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