



# Shopping List\*

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

## Produce

- \_\_\_\_\_ Fresh fruits (bananas, apples, oranges, grapes)
- \_\_\_\_\_ Fresh vegetables (cabbage, lettuce, carrots, greens, onions, tomatoes, squash, sweet potatoes, green peppers, okra)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Whole Grain Breads, Muffins, and Rolls

- \_\_\_\_\_ Bread, bagels, biscuits
- \_\_\_\_\_ English muffins
- \_\_\_\_\_ Dinner rolls
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Cereals, Rice, Crackers, Pasta, and Noodles

- \_\_\_\_\_ Unsweetened cereal, dry or cooked
- \_\_\_\_\_ Brown rice
- \_\_\_\_\_ Whole grain pasta (noodles, spaghetti)
- \_\_\_\_\_ Soda crackers
- \_\_\_\_\_ Graham crackers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Milk Products<sup>†</sup>

- \_\_\_\_\_ Fat-free or low-fat (1%) milk
- \_\_\_\_\_ Fat-free or low-fat (1%) cottage cheese
- \_\_\_\_\_ Low-fat cheeses
- \_\_\_\_\_ Fat-free or low-fat yogurt
- \_\_\_\_\_ Fat-free sour cream
- \_\_\_\_\_ Fat-free cream cheese
- \_\_\_\_\_ Eggs
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Proteins

- \_\_\_\_\_ Chicken
- \_\_\_\_\_ Turkey
- \_\_\_\_\_ Fish (salmon, catfish, whiting, flounder)
- \_\_\_\_\_ Beef (round or sirloin)
- \_\_\_\_\_ Extra-lean ground beef
- \_\_\_\_\_ Pork tenderloin, leg, shoulder
- \_\_\_\_\_ No-salt, lower fat lunch meats (turkey, chicken, and lean roast beef)
- \_\_\_\_\_ Dry beans and peas, tofu
- \_\_\_\_\_ Unsalted roasted nuts
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



\*Use the nutrition label to choose foods lowest in saturated fat, sugar, and sodium.  
<sup>†</sup> Or lactose-free milk and milk products, or fortified nondairy nut milks, such as soy milk.



# Shopping List (continued)

## Baking Items

- \_\_\_\_\_ Flour, whole wheat and white
- \_\_\_\_\_ 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 (not syrup)
- \_\_\_\_\_ Unsweetened 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

- \_\_\_\_\_ Soft tub margarine
- \_\_\_\_\_ Canola, olive, or vegetable oil
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Frozen

- \_\_\_\_\_ Fat-free or low-fat frozen yogurt and desserts (sherbet)
- \_\_\_\_\_ Frozen vegetables without sauces
- \_\_\_\_\_ Frozen 100% fruit juices
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Other

- \_\_\_\_\_ Herbs and spices (oregano, cumin, red pepper, garlic, parsley, paprika, sage)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_