Shopping List

NUTRITION TOGETHER™

Fruits

__ Apples
__ Apricots
__ Berries
__ Bananas
__ Cherries
__ Dried Fruits
__ Figs
__ Grapefruit
__ Grapes
__ Kiwi
__ Lemons
__ Limes
__ Mangoes
__ Melons
__ Oranges
__ Papayas
__ Peaches
__ Pears
__ Plantains
__ Plums
__ Canned in own juice

Extras _____
_____
_____
_____
_____

Grains and Cereals

__ Bread (100% whole grain)
__ Bagels
__ Pita bread (whole wheat)
__ Corn tortillas (not fried)
__ Fat-free biscuit mix
__ Graham crackers
__ Low-fat flour tortillas
__ Whole grain pasta (noodles, spaghetti)
__ Oatmeal
__ Barley
__ Plain cereal, dry or cooked
__ Pretzels (whole grain)
__ Popcorn kernels
__ Rice (brown)
__ Rice crackers (brown)

Extras:
_____
_____

Calcium-Rich Products

__ Low-fat (1%) or fat-free (skim) milk
__ Light soy milk
__ Low-fat or fat-free cottage cheese
__ Low-fat or reduced fat cheeses
__ Fat-free or low-fat yogurt
__ Fat-free or reduced-fat sour cream
__ Fat-free cream cheese

Extras: _____
_____
_____

Condiments

__ Reduced fat salad dressing
__ Mustard (Dijon, etc.)
__ Ketchup
__ Barbecue sauce
__ Jam, jelly, or honey
__ Spices
__ Flavored vinegars
__ Salsa (fat-free)
__ Soy sauce (low-sodium)
__ Bouillon cubes/granules (low-sodium)

Extras: _____
_____
_____

Nuts and Seeds

__ Almonds, unsalted, dry roasted
__ Cashews, unsalted
__ Flaxseeds
__ Mixed nuts, unsalted
__ Peanuts, unsalted
__ Pecans, unsalted
__ Pumpkin seeds, unsalted
__ Sesame seeds
__ Sunflower seeds, unsalted
__ Walnuts

Extras: _____
_____
_____

Fats and Oils

__ Canola oil
__ Corn oil
__ Olive oil
__ Flaxseed oil
__ Mayonnaise, lowfat or fatfree
__ Light or diet margarine (trans fatfree)
__ Safflower oil

Extras: _____
_____
_____
_____

Vegetables

__ Artichokes
__ Arugula
__ Asparagus
__ Beets
__ Bell pepper
__ Bok choy
__ Broccoli
__ Brussels sprouts
__ Cabbage
__ Canned soups (reduced-sodium tomato, vegetable, or minestrone)
__ Canned tomatoes
__ Carrots
__ Cauliflower
__ Celery
__ Chilies
__ Corn
__ Cucumber
__ Eggplant
__ Endive
__ Escarole
__ Garlic
__ Green beans
__ Greens
__ Hearts of palm
__ Jicama
__ Lettuce
__ Mushrooms
__ Okra
__ Onion
__ Radishes
__ Romaine
__ Scallions
__ Spinach
__ Sprouts
__ Squash
__ Sugar snap peas
__ Tomato
__ Turnips
__ Water Chestnut
__ Watercress
__ Zucchini

Protein and Meat Alternatives

__ 95% fat-free lunch meats
__ Beef, round or sirloin
__ Extra lean ground beef
__ Fish (not battered)
__ Pork tenderloin
__ White meat chicken/turkey (skin off)
__ Eggs
__ Egg substitute

Extras:
_____
_____

Meat Equivalents:

__ Beans (see Beans and Legumes)
__ Edamame
__ Meatless ground crumbles
__ Soy nuts
__ Tempeh
__ Tofu

Extras:
_____
_____

Beans and Legumes*

__ Chickpeas (garbanzo beans)
__ Lentils
__ Black beans
__ Black-eyed peas
__ Fava beans
__ Great white northern beans
__ Italian white beans
__ Navy beans
__ Pinto beans
__ Red beans (kidney beans)

Extras: _____
_____
_____

*If canned, buy no-salt-added varieties, or rinse before serving.

Beverages

__ Coffee
__ Carbonated water
__ Calorie-free drink mixes
__ Reduced calorie juices
__ Tea (green, black, and herbal)
__ Unsweetened iced tea
__ Water

Frozen Foods

__ 100% fruit juices (no sugar added)
__ Chicken breast (skinless)
__ Egg substitute
__ Fruits (no sugar added)
__ Fish fillets (unbreaded)
__ Shrimp (unbreaded)
__ Vegetables (with a short list of ingredients)
__ Veggie patties

Extras: _____
_____
_____

Extras

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____