

# My Shopping List

These are good items to have on hand to make healthy meals and snacks.

## Dairy and Eggs

- Fat-free (skim) or low-fat (1%) milk
- Fat-free, low-fat, or reduced-fat cottage cheese
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat yogurt
- Eggs/egg substitute
- \_\_\_\_\_

## Breads, Muffins, and Rolls

- Whole-wheat bread, bagels, English muffins, tortillas, pita bread
- \_\_\_\_\_
- \_\_\_\_\_

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

- Unsweetened cereal, hot or cold
- Rice (brown)
- Pasta (noodles, spaghetti)
- \_\_\_\_\_

## Meat

- White meat chicken and turkey (skin off)
- Fish (not battered)
- Extra-lean ground beef or turkey
- 95% fat-free lunch meats or low-fat deli meats
- \_\_\_\_\_

## Meat Equivalents

- Tofu (or bean curd)
- Beans (see bean list)
- Eggs/egg substitute (see dairy and eggs list)
- \_\_\_\_\_

## Fruit (Fresh, Canned, Frozen, and Dried)

### Fresh Fruit:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Fruit (in juice or water):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Fruit:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Dried Fruit:

- \_\_\_\_\_
- \_\_\_\_\_

## Vegetables (Fresh, Canned, and Frozen)

### Fresh Vegetables:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Vegetables (low-sodium or no-salt-added):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Vegetables (without sauce):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Beans and Legumes (If Canned, No Salt Added)

- Dried beans, peas, and lentils (without flavoring packets)

### Canned beans:

- \_\_\_\_\_
- \_\_\_\_\_

## Baking Items

- Nonstick cooking spray
- Canned evaporated milk—fat-free (skim) or reduced-fat (2%)
- Nonfat dry milk powder
- Gelatin, any flavor (reduced calorie)
- Pudding mixes (reduced calorie)
- \_\_\_\_\_

## Condiments, Sauces, Seasonings, and Spreads

- Fat-free or low-fat salad dressings
- Spices
- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low-sodium)
- Bouillon cubes/granules (low-sodium)
- \_\_\_\_\_

## Beverages

- No-calorie drink mixes
- Reduced-calorie juices
- Unsweetened iced tea
- \_\_\_\_\_

## Nuts and Seeds (Unsalted)

- \_\_\_\_\_
- \_\_\_\_\_

## Fats and Oils

- Light margarine
- Mayonnaise, low-fat
- Olive oil
- Canola oil
- \_\_\_\_\_

**Source:** Dietary Guidelines for Americans, *A Healthier You*.

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>