

Healthy and Handy Grocery List



FRUITS & VEGETABLES

Buy fresh and frozen most often

Low-Carb Veggies

- Artichokes
- Asparagus
- Baby carrots
- Bell peppers
- Broccoli
- Cauliflower
- Eggplant
- Fresh or canned tomatoes
- Frozen veggies
- Other: _____
- Green beans
- Jicama
- Mushrooms
- Onions
- Snow peas
- Romaine/spinach
- Summer squash
- 100% vegetable juice
- Zucchini

Wholesome Fruit

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Canned fruit (in own juice)
- Cantaloupe
- Cherries
- Other: _____
- Frozen fruit
- Kiwi
- Oranges
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries



LOW-FAT DAIRY

Pick yogurts that have less than 20 grams carbs per cup

- Skim/1% milk
- Plain, calcium-fortified soy milk
- Light, flavored milk and soy milk
- Other: _____
- Plain, nonfat yogurt
- Light, flavored yogurt
- Light smoothies

FIBER-RICH CARBS

Choose cereal with 4 or more grams of fiber

Cereal

- Bran flakes
- Cinnamon oatmeal squares
- Kashi® GOLEAN
- Other: _____
- Plain/light instant oatmeal
- Shredded wheat
- Steel-cut oatmeal

Breads, Crackers, Other Whole Grains

- All Bran® crackers
- Arnold® sandwich thins
- RyKrisp® crackers
- Whole-grain mini bagels
- Whole-grain pitas
- Whole-wheat breads and rolls
- Whole-wheat tortillas
- Whole-wheat waffles
- Other: _____

Pasta, Rice and Starchy Veggies

- Brown/wild rice
- Corn and peas
- Dreamfields® pasta
- Other: _____
- Quinoa
- Sweet potatoes
- 100% whole-wheat pasta



HEALTHY FATS

Eat with colorful fruits and veggies

- Avocado
- Nuts
- Canola oil
- Ground flaxseed
- Light mayo
- Other: _____
- Light salad dressing
- Light tub margarines
- Olives
- Olive oil

LEAN PROTEIN

Choose beef with "loin" or "round" on the label

Beans, Nuts, Vegetarian Choices

- Almonds
- Black beans
- Boca® burgers
- Kidney beans
- Other: _____
- Lentil soup
- Peanut butter
- Tofu
- Walnuts

Fish and Seafood

- Cod
- Halibut
- Rainbow trout
- Other: _____
- Salmon
- Shrimp
- Canned Tuna

Beef, Chicken, Other Animal Protein

- Eggs
- Lean, extra lean ground turkey
- Reduced-fat cheese
- Pork loin, tenderloin
- Sirloin
- Other: _____
- Skinless, chicken breast
- Skinless, turkey breast
- Turkey hot dogs, bacon and burgers
- 90-95% lean ground beef
- 2% Cottage cheese



SWEETS & TREATS

Choose snacks with 2 or more grams of fiber

- Dry roasted peanuts
- Light ice cream
- Hummus
- Baked chips
- Kashi® bars
- Other: _____
- Low-sugar jelly
- String cheese
- Mini pizza
- 100-calorie popcorn
- Frozen peaches

FLAVORFUL ADDITIONS

Use these instead of the salt shaker

- Balsamic vinegar
- Basil
- Cilantro
- Other: _____
- Garlic
- Ginger
- Low-fat mayo
- Salsa



OTHER ITEMS

- _____
- _____
- _____
- _____
- _____

High in Omega 3s

Albacore tuna
Lake trout
Herring
Mackerel
Salmon
Walnuts

**Strengthens
your heart and
your mind!**

Great Superfood Choices

Berries
Plain, nonfat yogurt
Beans
Tomatoes
Salmon
Green tea

**Loaded with
nutrients to control
your weight and
fight disease!**

Best Organic Picks

Apples
Pears
Peaches
Bell peppers
Spinach
Potatoes

**High in
pesticides — try
organic or wash and
scrub before
eating!**

Soluble Fiber Foods

Apples
Carrots
Kidney beans
Lentils
Oats/Oatmeal
Pears

**Helps to lower
blood glucose and
cholesterol!**



"Ask Mary's"™ Shopping Tips

- Reach for whole-wheat pasta over regular pasta
- Fill your cart with more colorful fresh or frozen fruits and veggies — shop on sale and in season
- Buy lean or extra-lean ground turkey for tacos, meatloaf and burgers
- Stick to your list and avoid shopping hungry
- When buying frozen dinners, choose those with less than 600mg sodium per meal
- Choose plain, nonfat yogurt and add your own fruit
- Shop the outside edges of the grocery store for fresher choices

GLUCOCARD® Blood Glucose Meters

