

# DIETICIAN APPROVED HEALTHY GROCERY GUIDE

Use this guide as a reference for your next trip to the supermarket.



## FRESH PRODUCE:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Asparagus       | <input type="checkbox"/> Celery                | <input type="checkbox"/> Mushrooms              |
| <input type="checkbox"/> Avocado         | <input type="checkbox"/> Cucumbers             | <input type="checkbox"/> Onion                  |
| <input type="checkbox"/> Banana          | <input type="checkbox"/> Dark Leafy Vegetables | <input type="checkbox"/> Oranges/Grapefruit     |
| <input type="checkbox"/> Berries         | <input type="checkbox"/> Eggplant              | <input type="checkbox"/> Pear                   |
| <input type="checkbox"/> Broccoli        | <input type="checkbox"/> Grapes                | <input type="checkbox"/> Peppers                |
| <input type="checkbox"/> Brussel Sprouts | <input type="checkbox"/> Green Beans           | <input type="checkbox"/> Potatoes (any variety) |
| <input type="checkbox"/> Cantaloupe      | <input type="checkbox"/> Kiwi                  | <input type="checkbox"/> Salad Greens           |
| <input type="checkbox"/> Carrots         | <input type="checkbox"/> Mango                 | <input type="checkbox"/> Tomatoes               |
| <input type="checkbox"/> Cauliflower     | <input type="checkbox"/> Melon (any variety)   | <input type="checkbox"/> Zucchini/Squash        |

## FROZEN FOODS:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Berries                            | <input type="checkbox"/> Edamame           | <input type="checkbox"/> Shrimp                   |
| <input type="checkbox"/> Broccoli                           | <input type="checkbox"/> Falafel           | <input type="checkbox"/> Spinach                  |
| <input type="checkbox"/> Cauliflower or<br>cauliflower rice | <input type="checkbox"/> Greek yogurt bars | <input type="checkbox"/> Stir-fry vegetable blend |
| <input type="checkbox"/> Chicken, turkey patties            | <input type="checkbox"/> Mixed fruit       | <input type="checkbox"/> String beans             |
| <input type="checkbox"/> Corn                               | <input type="checkbox"/> Peas              | <input type="checkbox"/> Whole grain waffles      |
|   | <input type="checkbox"/> Rice & quinoa     |   |

## CANNED FOODS:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Beans (any variety)   | <input type="checkbox"/> Pears, peaches or mixed<br>fruit in its own juice | <input type="checkbox"/> Salmon                 |
| <input type="checkbox"/> Chickpeas             | <input type="checkbox"/> Pumpkin   | <input type="checkbox"/> Sardines               |
| <input type="checkbox"/> Crushed tomatoes      | <input type="checkbox"/> Refried beans                                     | <input type="checkbox"/> Tuna (packed in water) |
| <input type="checkbox"/> Fire roasted tomatoes |  |   |

## HEART-HEALTHY FATS:

- |   |  |                                  |
|---|--|----------------------------------|
| <input type="checkbox"/> Oil (such as olive,<br>avocado, vegetable) | <input type="checkbox"/> Nuts, nut butters & seeds | <input type="checkbox"/> Avocado |
|---|--|----------------------------------|

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## HEART-HEALTHY PROTEINS:

- |   |  |
|---|--|
| <input type="checkbox"/> Beans & lentils          | <input type="checkbox"/> Nuts, nut butters & seeds |
| <input type="checkbox"/> Chicken                  | <input type="checkbox"/> Tofu                      |
| <input type="checkbox"/> Eggs/egg whites          | <input type="checkbox"/> Tuna                      |
| <input type="checkbox"/> Ground chicken or turkey | <input type="checkbox"/> Turkey breast             |
| <input type="checkbox"/> Lean ground beef         |  |

## DAIRY AND/OR DAIRY ALTERNATIVES:

- |  |   |
|--|---|
| <input type="checkbox"/> Cottage cheese                  | <input type="checkbox"/> Low-fat shredded cheese            |
| <input type="checkbox"/> Low fat or skim milk            | <input type="checkbox"/> Plain yogurt or plain Greek yogurt |
| <input type="checkbox"/> Low-fat cheese slices or sticks | <input type="checkbox"/> Unsweetened soy, almond, oat milk  |

## NUTRIENT-DENSE CARBOHYDRATES:

- |   |   |
|---|---|
| <input type="checkbox"/> Beans, chickpeas & lentils | <input type="checkbox"/> Potatoes (any variety)         |
| <input type="checkbox"/> Brown rice                 | <input type="checkbox"/> Quinoa                         |
| <input type="checkbox"/> Farro                      | <input type="checkbox"/> Whole grain bread              |
| <input type="checkbox"/> Oats & oatmeal             | <input type="checkbox"/> Whole grain cereal (3g+ fiber) |

## SALT FREE SEASONINGS:

- |   |  |
|---|--|
| <input type="checkbox"/> Black pepper       | <input type="checkbox"/> Lemon juice                     |
| <input type="checkbox"/> Crushed red pepper | <input type="checkbox"/> Lime juice                      |
| <input type="checkbox"/> Fresh garlic       | <input type="checkbox"/> Salt-free blends in spice aisle |
| <input type="checkbox"/> Fresh herbs        | <input type="checkbox"/> Vinegar                         |
| <input type="checkbox"/> Garlic powder      |  |

## SNACK IDEAS:

- |  |  |
|--|--|
| <input type="checkbox"/> Edamame (dried or frozen) | <input type="checkbox"/> Roasted chickpeas |
| <input type="checkbox"/> Hummus                    | <input type="checkbox"/> Unsalted nuts     |
| <input type="checkbox"/> Nut bars                  |  |