

SHOPPING SMART FOR A HEALTHY HEART

MEAT CASES

Look for LEAN meats: poultry, fish, shellfish, lean beef, and lean pork.

DAIRY CASES

Look for skim or 1% milk, cheese, and yogurt. Try egg substitutes instead of whole eggs.

PRODUCE

Stock up on fresh fruits and vegetables.

GENERAL AISLES

Limit processed foods and foods high in sugar and sodium.

BAKERY

Choose whole grains!
Limit high-fat items like pastries and croissants.

More Tips:

Shop the “outside” aisles of your grocery store for fresh and healthy foods.

Processed, higher calorie foods are in the middle aisles.

Read the Nutrition Facts label on products.

Make a shopping list and buy only the foods on your list.

Do not shop when you are hungry.

SAMPLE SHOPPING LIST

BAKERY

- Whole wheat bread
- Whole wheat pitas

VEGETABLES

- Asparagus
- Beans
- Broccoli
- Carrots
- Cucumber
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Okra
- Peppers
- Potatoes (sweet, white, red)
- Salad Greens
- Spinach
- Squash
- Tomatoes
- Zucchini

FRUITS

- Apples
- Bananas
- Berries
- Cherries
- Grapes
- Kiwi
- Lemons
- Limes
- Melons
- Nectarines
- Oranges
- Peaches
- Pears
- Plums

MEATS

- Salmon
- Albacore Tuna
- Herring
- Mackerel
- Chicken (skinless)
- Turkey (skinless)
- Lean beef
- Lean pork

DAIRY

- Buttery spread (with no trans-fat)
- Low-fat cheeses
- Egg substitute
- Milk (1% or skim)
- Soy milk (low-fat)
- Soy creamer
- Sour Cream (low fat)
- Yogurt (low-fat)

REFRIGERATED ITEMS

- 100% Fruit Juice
- Hummus
- Tempeh
- Tofu
- Vegetarian burger patties/breakfast patties
- Polenta

SNACKS

- Unsalted Seeds
- Low-fat Popcorn
- Unsalted Nuts
- Whole Wheat Crackers

FROZEN ITEMS

- Berries
- Corn
- Frozen dinners under 300 calories
- Mixed vegetables
- Peas
- Spinach
- Whole-grain waffles
- Mixed fruit packed in juice or light syrup

CANNED GOODS

- Canned beans (low-sodium)
- Tuna packed in water
- Low-sodium soups and broths
- Mixed fruit packed in juice or light syrup

OILS, SPICES, AND HERBS

- Olive Oil
- Canola Oil
- Balsamic Vinegar
- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Oregano
- Red pepper
- Salt-free spice mix

GENERAL AISLES

- Bottled water
- Bran or whole wheat Cereal
- Grains (couscous, brown rice)
- Oatmeal
- Peanut butter
- Salad dressing (low-fat or fat-free)
- Sugar substitute
- Whole wheat pasta