



healthy grocery shopping

One of the keys to being successful in changing your eating habits is to change your grocery shopping habits. Here are some tips to help you make healthy choices when shopping:

› Plan ahead

Planning is the key to making smart choices when grocery shopping. Before you shop, plan some menus for the week and then make a shopping list. It's easier to stick to your meal plan if you have the foods on hand.

› Shop on a full stomach

Shop after eating, not when you are hungry and tempted to buy extra foods.

› Use your shopping list

When shopping, try to stick to your shopping list. Resist the temptation to bring home high fat, high sodium, high sugar foods. You are less likely to eat them if they are not in your house. But, if you discover healthy foods that fit well in your new meal plan, be adventurous and try them!

› Read food labels carefully

Read labels to determine the nutrient content of prepared foods. For more tips on identifying heart-healthy foods, see the nutrition label handout.

- Fat-free, low-carb and carb-free don't mean calorie-free. Be sure to monitor portions.
- Fat-free or reduced fat products can be helpful in preparing lower-fat meals or in choosing snacks.

› Choose your fats carefully

If you are choosing fats in the grocery store, look for an oil (vegetable) or liquid base. The softer or more liquid a fat is, the better it is for your heart. Canola and olive oils are always healthier options.

› Choose low-fat dairy products

When choosing dairy products, the best choice for your heart includes those made with skim, non-fat or 1% milk. Regular whole milk dairy products are higher in saturated fat.

› Choose low-fat meats

If meat is part of your shopping list, try to choose the leanest cuts available. Keep in mind that beans and (little processed) soy-based products are a good heart-healthy and high protein substitute for meat.

› Low Carb and No Carb

Carbohydrates are found in many food groups and serve very important functions. They provide primary fuel for muscle and brain cells. Carbohydrates must be consumed in appropriate portions and whole grains are healthier because they contain fiber.

› Include lots of fruits and vegetables

Remember to load up on fresh and frozen fruits and vegetables so you have plenty on hand for meals and snacks. A good goal is to eat at least 1 1/2 cups of fruit and 2 1/2 cups of vegetables each day.

Healthy Heart Shopping List

Grains, Breads, Cereals, Rice & Pasta

- Bagel (whole grain)
- English muffins (whole grain)
- Light whole wheat bread (100% whole grain)
- Whole wheat pita bread
- Fat-free flour tortilla
- Prepared wheat pizza crust
- Oatmeal
- Wheat cereal (hot)
- Multi-grain cereal
- Shredded wheat
- Cheerios
- Puffed wheat
- Bran cereal (flakes, buds, etc.)
- Fresh or dried whole wheat pasta
- Brown rice (regular or quick-cooking)
- Bulgur, quinoa
- Flax seeds
- _____
- _____

Soups, Sauces, Beans & Canned Foods

- (Watch sodium in this group)
- Vegetarian baked beans
 - Refried beans (regular or fat-free)
 - Beans: pinto, kidney, black
 - Lentils
 - Chickpeas
 - Diced green chilies
 - Water chestnuts
 - Canned fruit, juice pack (peaches, pears, etc.)
 - Applesauce, unsweetened
 - Crushed pineapple, canned in juice
 - Soups (Healthy Choice, Healthy Request, Progresso Healthy Classics)
 - Nonfat chicken broth (low sodium)
 - Low-fat broccoli cheese soup

- Split pea or lentil soup
- Tomato soup
- Crushed tomatoes (with or without herbs)
- Tomato sauce (spaghetti or pizza)
- Peanut butter or Almond butter
- _____
- _____

Meat, Poultry & Fish

- 95% Extra-lean ground beef
- Lean beef (bottom round, tenderloin, sirloin)
- Lean pork (tenderloin, sirloin, center loin)
- Turkey ham or lean ham
- Turkey breast fillets
- Ground turkey breast (no skin)
- Boneless, skinless chicken breast
- Skinless chicken thighs
- Red Snapper, cod or other fish fillet
- Shrimp
- Canned tuna, light meat, water packed
- Canned/Fresh salmon
- Canned minced clams
- Tofu
- Vegetarian burger (mix, patties or crumbles)
- Meatless breakfast sausage
- Canadian Bacon
- Lunch meats (<2-3 grams fat per 2 oz.)
- _____
- _____

Dairy Foods

- Light mozzarella
- Low-fat or fat-free ricotta
- Low-fat or fat-free cottage cheese
- Reduced-fat cheese (2-3 grams fat per oz)
- Fat-free cheese (Alpine Lace, Borden, Healthy Choice)
- Grated Parmesan or

- Romano
- Fat-free or low-fat sour cream
- Fat-free or low fat plain yogurt
- Fat-free or low fat fruited yogurt
- Skim or 1% milk
- Soy Milk (plain, vanilla or chocolate)
- Fat-free or low-fat frozen yogurt
- Light ice cream or frozen yogurt
- Fat-free or low fat pudding
- Fat-free or low fat cream cheese or Neufchatel cheese spread
- _____
- _____

Fresh Fruits & Vegetables

- Apples
- Oranges
- Tangerines
- Grapefruit
- Pears
- Peaches
- Grapes
- Bananas
- Nectarines
- Strawberries
- Blueberries
- Raspberries
- Cantaloupe
- Honeydew
- Watermelon
- Pineapple
- Plums
- Cherries
- Mango
- Kiwi
- Papaya
- Broccoli
- Cabbage
- Tomatoes (fresh, sun-dried)
- Sweet potatoes
- Potatoes (red & white)
- Cauliflower
- Carrots (regular or baby)
- Celery
- Cucumbers
- Ready-to-eat salad

- Greens (kale, spinach, collards, turnips)
- Green, red & yellow peppers
- Garlic
- Onions
- Green onions
- Corn on the cob
- Lemons, limes
- Green peas (garden, snaps)
- Green beans
- Brussels sprouts
- _____
- _____

Frozen Foods

- Pancakes & waffles (<4 grams fat per serving)
- Low-fat/ low sodium frozen dinners
- Unsweetened frozen fruit (raspberries, blueberries, strawberries)
- Mixed vegetables
- Spinach (frozen & chopped in bag)
- Greens (kale, turnip, collard)
- Broccoli spears or cuts
- Stir-fry vegetables
- Corn kernels
- Garden peas
- Cholesterol-free egg product (Egg beaters, Second Nature)
- Morningstar Farms burgers & crumbles
- Morningstar Farms Chik Nuggets and Patties
- Vegetarian breakfast sausage (patties or links)
- Vegetarian burgers: Boca, Gardenburger
- _____
- _____

Snack Foods & Treats

- Whole grain fig bars
- Low fat cereal bar
- Angel food cake
- Pretzels (whole wheat if you can find them)
- Popcorn
- Baked chips (potato,

- tortilla)
- Low-fat bagel chips
- Rye wafer crackers (rye crisps)
- Melba toast
- Bread sticks
- Rice cakes
- Reduced-fat thin wheat crackers
- Low-fat whole grain crackers
- Ak-Mak 100% stone ground wheat crackers
- Unsalted nuts (almonds, peanuts, pecans, walnuts)
- Unsalted seeds (pumpkin, sesame, sunflower)
- Raisins, currants, dates, prunes
- Dried fruit: cranberries, apricots, mango, cherries
- Low fat pudding
- _____
- _____

Fats/Seasonings/Spices/Herbs

- Canola oil
- Olive oil
- Soft tub margarine
- Low-fat salad dressing or vinaigrette
- Fat-free or low-fat mayonnaise
- 100% Fruit spread
- Low-sodium soy sauce
- Mustard
- Barbecue sauce
- Chili sauce
- Hot pepper sauce
- Steak sauce
- Worcestershire sauce
- Mrs. Dash
- Herbs/spices: pepper, basil, parsley
- Garlic
- Onions
- Ginger
- Lemon or lime juice
- _____
- _____