

# The Healthy FAMILY SHOPPING LIST



The following list has been designed as a guide to help you to make smart food choices for your entire family. The key to successful shopping is to keep a list of healthy foods that you want to have available at home, and to read and compare food labels while you shop. It's always a good idea to have a plan, and a back up plan, so when time runs short you still have convenient and healthy options available.

## Fresh Fruits and Vegetables

Fresh vegetables and fruits should make up the largest part of your healthy food shopping list.

Vegetables and fruits have vitamins, minerals, antioxidants and are low in calories. The darker the color, the more nutritious!

We all need at least 5 to 9 servings of vegetables and fruits every day.

Buy your favorite fresh fruits and vegetables, and cut them up in advance for easy snacking for the whole family. You can even buy them pre-cut to save time and energy!

Kids love dipping fresh veggies, look for dips such as hummus or fat-free salad dressing.

- Apples
- Bananas
- Broccoli
- Berries
- Cantaloupe
- Carrots
- Celery
- Eggplant
- Edamame
- Grapes
- Green, leafy vegetables
- Green Beans
- Oranges
- Peppers
- Spinach
- Sweet potatoes
- Watermelon
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Chilled

The chilled department has many healthy items to offer. Be sure to read labels, and choose products with less calories, fat and sodium. Many kids' favorites are found in this section.

There are prepared meals that you can pop into the microwave or oven. These can be convenient and healthy if you choose calorie controlled, low fat versions with good portion sizes.

- Reduced fat, nitrate free hot dogs
- Low-sodium packaged deli meats such as turkey, ham, roast beef
- Turkey bacon or Canadian bacon
- Prepared meals that provide an appropriate amount of calories, fat and sodium. Compare labels and choose the products with less.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Spices & Condiments

Choose low-fat mayonnaise for your sandwiches and low-fat dressing for salads.

Compare labels to choose products that have less calories, fat and sodium.

- Spices: chili powder, cumin, paprika
- Dijon mustard
- ketchup
- Reduced-fat mayonnaise
- Extra-virgin olive oil
- Balsamic/red wine vinegar
- Low-fat, low-calorie salad dressings
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Frozen Foods

Frozen foods are a convenient way to keep healthy foods on hand.

Read labels and choose frozen foods wisely.

Frozen vegetables are a convenient option, since you can store them for far longer than you can store fresh vegetables, and they retain their nutrients.

- Frozen vegetables
- Frozen fruit (no sugar added)
- Whole-wheat frozen waffles
- Veggie burgers
- Low-sodium soups
- Fruit sorbet
- Non-fat frozen yogurt or ice-cream in individual serving size containers, with 100 calories each.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Beverages & Household Items

Beverages should be kept simple. Water, fat-free milk, 100% juices and decaf herbal teas are all good choices.

If you choose soft drinks, choose diet to avoid empty calories.

Flavored and/or vitamin-fortified water is fine if it does not provide any calories.

- Water
- Flavored water or seltzer (calorie free)
- Diet beverages
- Decaf Tea
- Low-sodium vegetable juice
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Lean Proteins

Your protein choices should be as lean as possible, such as chicken without the skin, turkey, fish, and lean cuts of pork and beef.

Eggs, nuts, seeds and legumes are also good protein choices.

There are lots of frozen and prepared options available that offer you the lean protein individually or as part of a whole meal. These meals are often the right amount of calories, and are healthy and fast to prepare in the microwave.

When buying poultry, buy skinless cuts, or remove the skin yourself before cooking.

Beef cuts are labeled with the percentage of fat they contain — choose cuts that are 90 to 95 percent lean.

- Ground turkey breast meat
- Skinless chicken breast
- Shrimp
- Wild salmon
- Flounder
- Lean cuts of beef
- Lean cuts of pork
- Prepared meals that include lean protein (~250 calories or less)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## The Deli Counter

You can reduce the fat content of sandwiches, snacks, and salads by choosing lean deli cold cuts and prepared foods.

Many supermarkets offer an array of healthy prepared meals, which display the nutrition information right on them.

Steer clear of side dishes prepared with mayonnaise.

If you buy a rotisserie chicken, remove the skin before eating it.

- Lean deli meats, such as turkey, ham, roast beef, chicken, and low-fat cheese
- Rotisserie chicken
- Grilled vegetables
- Bean salads
- Grilled chicken outlets
- Turkey burgers
- Healthy prepared entrees or meals (usually ~250 calories or less)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Non-Fat / Low-Fat Dairy

Dairy products should be fat-free or at least low-fat.

Look for yogurt in single-serving cups or tubes, easy for kids to take on the go.

Choose reduced-fat or fat-free cheeses in flavors such as white cheddar, sharp cheddar, and mozzarella. Also available in individual packets for kids to take on the go.

Low-fat cottage cheese sometimes comes packaged with fruit in single-serving cups — this can be a great choice for a snack or light lunch.

Eggs are considered to be a perfect protein. In addition to regular eggs, many stores now stock free-range eggs and eggs enriched with omega-3 fatty acids. You can pick up cholesterol-free egg substitutes as well.

- Skim or fat-free milk
- Light soymilk
- 2% cheese sticks
- Fat-free ricotta cheese
- Fat-free cottage cheese
- Low-fat feta cheese
- Individual cups of fat-free yogurt
- Yogurt in tubes
- Fat-free pudding cups
- Fat-free sour cream
- Light tofu
- Eggs (with Omega-3 fatty acids)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Whole Grains / Cereals / Pastas / Breads

Most of your grain and cereal products should be made from whole grains, as they are important for vitamins, minerals, and for fiber.

Check the ingredients list and make sure that one of the first few ingredients is a whole grain.

Look for cereal with more than 5 grams of fiber per serving.

A good tip for kids is to combine a higher fiber cereal with their favorite breakfast cereal - this will satisfy both their taste buds and their fiber needs.

- Whole-grain breads
- Whole-wheat pita bread
- Whole-wheat pasta or enriched products that offer some fiber and other nutrients

## Whole Grains / Cereals / Pastas / Breads (cont.)

- Brown rice
- Couscous
- Oatmeal and other whole-grain hot cereals
- Whole-grain, high-fiber breakfast cereals
- Whole-wheat flour tortillas
- Whole-grain snack crackers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Healthy Snacks

Snacking can be a great way to boost the nutritional intake of your family.

In addition to snacking on the healthy fruits, vegetables and non-fat dairy listed above, there is a place for more snack-like items. The key is to minimize the calories, fat and sodium, and choose pre-portioned snacks when possible.

If you choose low-fat or reduced-fat snacks, read and compare labels. These snacks often have the same number of calories as regular versions, so make sure you keep your portions small.

Don't eat directly out of the bag — take your portion, then put the bag away. Or better yet, break big bags into smaller plastic bags as soon as you get home from the store.

- Rice or popcorn cakes
- Oat-bran pretzel sticks
- Reduced-fat microwave popcorn in 100 calorie bags
- 100 calorie snack packs
- Snack bars / granola bars with 120 calories or less.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_