

Grocery List

(Ideal for single, health-conscious people)

Vegetable and fruit aisle

You just cannot go wrong in the vegetable and fruit aisle. Throw anything that appeals to you into the cart. The following are popular choices:

- Bananas
- Oranges
- Spinach or other leafy greens
- Onions
- Broccoli
- Tomatoes
- Apples
- Berries
- Sweet potatoes
- Red grapes
- Coleslaw mix
- Red peppers
- Baby carrots
- Portobello mushrooms
- Diced garlic (usually sold packed with oil, in jars) or fresh garlic
- Flaxseed (if not in the produce area, check elsewhere at your grocery store)

Snack aisle

You do not need to avoid the snack aisle. Just choose snacks that are healthier, such as:

- Dark chocolate
- Baked tortilla chips
- Salsa
- Almonds or walnuts
- Whole-grain baked crackers
- 100-calorie snack packs
- Graham crackers
- High-fiber cereal bars
- Reduced-fat microwaveable popcorn

Baking goods aisle

These are some good choices from the baked goods aisle:

- Nonstick cooking spray
- Fat-free muffin mix
- Whole-wheat flour
- Yeast
- Reduced-sugar maple syrup
- Olive oil
- Low-fat, all-purpose baking mix
- Raisins

- Vinegar (try apple cider or red-wine vinegar)
- Cooking wine (red or white)
- Old-fashioned rolled oats
- Herbs and spices—if you are an avid cook you will want to keep a larger collection, but if you do not cook much, at least get some:
 - Lemon pepper seasoning
 - Cinnamon
 - Black pepper
 - Italian seasoning

Beverage aisle

Some popular choices from the beverage aisle include:

- Sugar-free hot chocolate mix
- Reduced-sugar fruit juice
- 100% real fruit juice
- Tea
- Reduced-sodium vegetable juice

Grain aisles

These items can help you make healthful meals:

- Whole-grain pasta
- Brown rice
- Couscous
- Barley
- Bulgur
- Spelt
- Whole-grain, reduced-calorie English muffins
- Whole-wheat tortillas

Canned food aisles

The following foods are good to keep on hand in your pantry:

- Stewed tomatoes
- Low-sodium spaghetti sauce
- Beans
 - Black beans
 - Chickpeas
 - Cannellini beans
 - Kidney beans
 - Your favorite bean
- Olives
- Sun-dried tomatoes in oil
- Canned chicken, salmon, and/or tuna
- Peanut butter
- Low-sodium soups
- Chunky applesauce

Condiment aisle

The following items are good alternatives to standard condiments, which have more fat and/or sodium:

- Low-sodium soy sauce
- Reduced-fat mayonnaise
- Reduced-fat tartar sauce
- Low-fat or fat-free salad dressings

Frozen food aisles

The frozen food aisles have many healthful choices, including:

- Low-fat ice cream or Popsicles[®]
- Vegetables
- Black-bean burgers or other soy “meat” products
- Whole-grain waffles
- Vitalicious[®] VitaMuffins[™] (if your store carries them)
- Berries
- Low-fat whipped topping
- Reduced-fat pizza dough
- Bagels (1-oz size)

Meat, poultry, fish, and deli counters and aisles

The following are good selections:

- Frozen salmon patties (wild Alaskan)
- Grilled chicken strips
- Lean beef or pork cubes for stir-frying
- Deli turkey or lean ham
- Turkey or chicken breast cutlets
- Extra lean ground beef

Dairy case

Some good dairy choices include:

- Reduced-fat sour cream
- Eggbeaters[®]
- Skim or 1% milk
- Low-fat half-and-half
- 2% milk cheese
- Feta or blue cheese
- Parmesan cheese
- Neufchâtel cheese
- Lite margarine spread
- Low-fat vanilla yogurt and low-fat flavored yogurts
- Reduced-fat cottage cheese
- Tofu

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