Healthy Grocery List

Below are some examples of healthy foods to buy at the grocery store.
Use the small columns to put in the amounts you need. Add other healthy foods you like that are not listed. Use the Weekly Menu Planner to help plan your grocery list.
If using recipes, add the ingredients you need to the list.

Healthy Eating Starts Here

Date: _____

Vegetables and Fruit

Vegetables

- Broccoli
- Cabbages
- Canned tomatoes
- Canned vegetables
- Carrots
- Corn
- Green beans
- Greens
- Mushrooms
- Onions
- Peppers
- Tomato sauce
- Tomatoes
- Turnips

Fruits

- Apples
- Bananas
- Blueberries
- Dried fruit
- Grapefruits
- Grapes
- Kiwis
- Melons
- Oranges
- Peaches
- Pears
- Plums
- Raisins
- Raspberries

Frozen Vegetables

- Corn
- Edamame (soy beans)
- Mixed vegetables
- Peas

Frozen Fruit

- Berries
- Mangoes
- Mixed fruit

Milk and Alternatives

- Canned milk
- Cheese
- Fortified soy beverage
- Kefir
- Milk
- Skim milk powder
- Yogurt

Grain Products

- 100% whole grain bread
- Bran cereal
- Brown rice
- Bulgur
- Chapatti/roti
- Couscous
- Flat breads
- Oatmeal
- Pitas
- Popcorn kernels
- Pot barley
- Quinoa
- Whole grain cereal
- Whole grain crackers
- Whole grain pasta
- Whole grain tortillas

Meat and Alternatives

- Beef
- Chicken
- Chickpeas
- Eggs
- Fish (e.g., fresh salmon or canned light tuna)
- Ground beef
- Ground turkey
- Kidney/black beans
- Meatless ground round
- Nut butter
- Nuts
- Peanut butter
- Pork
- Seeds
- Tofu

Frozen Meat and Alternatives

- Fish (e.g., basa, tilapia)
- Shrimp

Oils and Fats

- Mayonnaise
- Salad dressing
- Soft non-hydrogenated margarine
- Vegetable oil

Other Items

- Chili powder
- Garlic
- Lemon juice
- Parsley
- Pepper
- Pudding mix
- Vinegar

Cleaning/ Paper Supplies