

Nutrient-Rich Shopping List

Make nutrient-rich choices in all five food groups.



Grains

- Bagels
- Brown rice
- Bulgur/Cracked wheat
- Corn flakes
- Corn tortillas
- Couscous
- Enriched white bread
- Multi-grain bread
- Oatmeal
- Popcorn
- Pretzels
- Wheat cereal
- Whole grain barley
- Whole wheat crackers
- Whole wheat cereal
- Whole wheat noodles
- Whole wheat sandwich buns and rolls



Vegetables

- Arugula lettuce
- Asparagus
- Bell peppers
- Broccoli
- Brussels sprouts
- Cauliflower
- Carrots
- Garbanzo beans
- Green beans
- Green cabbage
- Green onion
- Mushrooms
- Kidney beans
- Okra
- Peas
- Red cabbage
- Red onions
- Red potatoes
- Romaine lettuce
- Spinach
- Summer squash
- Sweet potatoes
- Tomatoes
- Zucchini



Fruits

- Avocados
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Grapes
- Grapefruit
- Kiwifruit
- Mangos
- Orange juice
- Peaches
- Pineapples
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon



Milk

- Low-fat or fat-free milk
- Lactose free milks
- Reduced-fat chocolate milk or other flavored milks

Yogurt

- Low-fat or fat-free yogurt

Reduced-fat, Low-fat or Fat-free Cheese

- American
- Cheddar
- Cottage Cheese
- Mozzarella
- Parmesan
- Ricotta
- Swiss



Meat & Beans

Beans, Seeds and Nuts

- Almonds
- Peanut butter
- Peanuts
- Pinto beans
- Pumpkin seeds
- Soy beans
- Sunflower seeds
- Tofu
- Walnuts

Beef

- 90-95% lean ground beef
- Bottom round roast or steak
- Brisket, flat half
- Tenderloin
- T-Bone steak
- Top sirloin steak

Turkey

- Skinless ground turkey breast
- Skinless turkey breast
- Skinless turkey thigh

Chicken

- Skinless chicken breast
- Skinless chicken thigh
- Skinless ground chicken breast

Eggs

Fish and Shellfish

- Cod
- Flounder
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tuna
- Light tuna, can, in water

Pork

- Tenderloin
- Boneless loin roast
- Boneless loin chops



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