

NUTRIENT RICH SHOPPING LIST

Shop the perimeters of the store for healthy choices!

Grains

- bagels
- brown rice
- bulger
- corn flakes
- couscous
- enriched white bread
- flour tortillas
- oatmeal
- pasta noodles
- popcorn
- pretzels
- wheat cereal
- whole grain barley
- whole wheat bread
- whole wheat crackers



Vegetables

- arugula
- broccoli
- brussel sprouts
- carrots
- green beans
- green cabbage
- green onion
- mushrooms
- peas
- potatoes
- radishes
- romaine lettuce
- spinach
- summer sqash
- asparagus
- zucchini
- sweet potatoes



Fruits

- avocados
- apricots
- bananas
- blueberries
- cantaloupe
- cherries
- cranberries
- kiwi
- mangoes
- watermelon
- pineapple
- figs
- grapefruit
- raspberries
- grapes
- plums
- raisins
- oranges
- peaches
- strawberries



Dairy

- american cheese
- cheddar cheese
- cottage cheese
- mozzarella
- parmesan
- ricotta
- swiss
- fat free/low fat milk
- fat free/low fat yogurt
- lactose free milk



Meat & Beans

- almonds
- black beans
- kidney beans
- lentils
- peanut butter
- pumpkin seeds
- tofu
- soy beans
- chickpeas
- 90-95% lean ground beef
- top sirloin steak
- T-bone stead
- skinless chicken breast
- skinless chicken thigh
- skinless ground chicken
- eggs
- cod
- flounder
- salmon
- oysters
- light tuna
- mussels
- tenderloin
- boneless loin chops
- skinless ground turkey
- skinless turkey thigh
- skinless turkey breast



Oils

- canola oil
- corn oil
- olive oil
- safflower oil
- soybean oil
- sunflower oil

