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
- ☐ Califlower
- ☐ 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

- ☐ Avocadoes
- ☐ 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

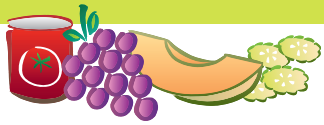
☐ **Eggs**

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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