

My Shopping List

Plan ahead – plan your meals for the week. Make a shopping list and stick to the list. Include the items you need for your menus and any low-calorie basics you need to restock in your kitchen.

Produce Section

Vegetables

- Broccoli
- Corn
- Cauliflower
- Squash
- Green beans
- Lettuce
- Cucumber
- Carrots or celery
- Onions
- Potatoes
- Tomatoes
- Green peppers
- _____

Fruit

- Apples
- Bananas
- Oranges
- Lemons / Limes
- Peaches
- Pears
- Grapes
- Grapefruit
- Apricots
- Cherries
- Melons
- _____

Breads, Muffins, and Rolls

- Bread, bagels, or pita bread
- English muffins
- Yeast breads (whole wheat, rye, pumpernickel or multi-grain)
- Corn tortillas (not fried)
- Low-fat flour tortillas
- Rice crackers
- _____

Cereals

- Plain cereal, dry or cooked
- Grits
- Oatmeal
- _____

Dairy Case

- Fat-free (skim) or low-fat (1%) milk
- Low-fat or reduced fat cottage cheese
- Fat-free cottage cheese
- Low-fat or reduced fat cheeses
- Fat-free or low-fat yogurt
- Light or diet margarine (tub, squeeze, or spray)
- Fat-free or reduced fat sour cream
- Fat-free cream cheese
- Eggs/egg substitute
- Soft (tub) margarine
- Mayonnaise, low-fat or fat-free
- _____



Meat / Poultry / Fish

- White meat chicken and turkey (skin off)
- Fish (not battered)
- Beef, round or sirloin
- Extra lean ground beef
- Pork tenderloin
- 95% fat-free lunch low-fat deli meats
- _____

Rice, Noodles, Pasta

- Rice (brown, white, etc.)
- Pasta (noodles, spaghetti)
- Bulgur, couscous, or kasha
- Potato mixes (made without fat)
- Polenta
- _____

Spices

- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low-sodium)
- Bouillon cubes/granules (low- sodium)
- _____



My Shopping List

Canned Foods

Canned Vegetables (low-sodium or no-salt-added)

- Tomatoes
- Tomato sauce or pasta
- Other canned vegetables
- Canned vegetable soup, (reduced sodium)
- Canned Fruit (in juice or water)
- Canned pineapple
- Applesauce
- Beans and dried peas (no salt-added)
- Lentils
- Black beans
- Red beans (kidney beans)
- Black-eyed peas
- Great white northern beans
- Chickpeas (garbanzo beans)
- _____

Snacks and Crackers

- Saltines, soda crackers (low-sodium or unsalted tops)
- Graham crackers
- Other low-fat crackers
- Dried Fruit - Raisins / dried fruit
- Nuts and Seeds
- Almonds, unsalted
- Mixed nuts, unsalted
- Peanuts, unsalted
- Pumpkin seeds, unsalted
- Sunflower seeds, unsalted
- Cashews, unsalted
- Pecans, unsalted
- _____

Frozen Foods

Frozen Vegetables - (without added fats like cream sauces)

- Broccoli
- Spinach
- Mixed medley, etc.
- Vegetables (plain)
- Egg substitute
- _____

Frozen Fruits – (without added sugar)

- Blueberries
- Raspberries
- 100 percent fruit juices (no sugar added)
- Fruits (no sugar added)
- _____

Fat, Oil, Condiments, Dressings

- Fat-free or low-fat salad dressings
- Mustard
- Catsup
- Barbecue sauce
- Jam, jelly, or honey
- _____

Beverages

- No-calorie drink mixes
- Reduced calorie juices
- Unsweetened iced tea
- Carbonated water
- Water
- _____

Baking Items

- Flour
- Sugar
- Imitation butter (flakes or buds)
- Non-stick cooking spray
- Canned evaporated milk— fat-free (skim) or reduced fat (2%)
- Non-fat dry milk powder
- Cocoa powder, unsweetened
- Baking powder
- Baking soda
- Cornstarch
- Unflavored gelatin
- Gelatin, any flavor (reduced calorie)
- Pudding mixes (reduced calorie)
- Angel food cake mix
- Canola oil
- Corn oil
- Olive oil
- Safflower oil
- _____

* Adapted from A Healthier You, Department of Health and Human Services

