

Grocery Shopping List



Go in with a list.



Stick to the perimeter of the store for fresher foods.



Shop for what's in season. These products usually retain more nutrients.



Turn packages around and read the nutrition facts.



Be bold! Try one new fruit or veggie each week.



Replace starchy carbs with whole grains, like brown rice and whole wheat pasta.



Make fish your friend. Tuna and wild-caught salmon are high in beneficial fats.

Tip: Have a meal plan in hand!

Meal Plan Essentials

Protein

Examples: lean meats, fish, poultry, eggs, low-fat dairy. Vegetarians: tofu, tempeh

Healthy Carbs

Examples: beans and whole grains like brown rice, whole-grain pasta, quinoa, 100% whole-grain bread

Fruit and Vegetables

Suggestion: fresh or frozen

Healthy Fats

Examples: avocados, olive or canola oil, nuts/seeds such as almonds and walnuts, low-fat cheese
