

# ShopRight Grocery List

Making **smart food choices** begins before you get to the grocery store. Use this list to **save time and shop healthier!**



## Grains, Cereals, & Starchy Vegetables

**TIP:** Look for whole-grain foods that are low in fat and rich in vitamins, minerals, and fiber.

- Whole-grain breads
- Oatmeal
- Whole-grain pasta
- Brown rice
- Couscous
- Sweet potatoes
- Corn or whole wheat tortillas
- Canned beans

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## Vegetables

**TIP:** Vegetables are full of nutrients and fiber. Look for brightly-colored vegetables.

- Broccoli
- Green/yellow/red peppers
- Tomatoes
- Leafy lettuce or spinach
- Low-sodium canned vegetables
- Frozen vegetables

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## Fruits

**TIP:** Choose fresh fruits that are in season for healthy snacks and desserts. Also keep canned or dried fruit in your pantry.

- Berries
- Peaches
- Melon
- Grapes
- Bananas
- Apples
- Oranges
- Dried fruits

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## Milk Products

**TIP:** Milk and yogurt are good sources of calcium and protein. Pick non-fat and low-fat varieties.

- Skim or low-fat (1%) milk
- Fruit smoothies
- Low-fat/non-fat yogurt
- Low-fat/non-fat sour cream

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## Meat, Poultry, Fish, & Other Proteins

**TIP:** Choose lean meats and poultry. Vary your protein choices with more fish, beans, peas, and nuts.

- Ground turkey or extra lean ground beef
- Skinless chicken breasts
- Low-sodium, low-fat lunch meats
- Round or sirloin steak
- White fish
- Water-packed tuna
- Tofu
- Dried beans and peas
- Egg substitute
- Low-fat cheese

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## Fats and Oils

**TIP:** Choose healthy fats like olive oil or canola oil.

- Vegetable oil (such as olive, canola, peanut, corn oil)
- Soft margarine (no trans fat)
- Light or fat-free salad dressing
- Light or fat-free mayonnaise
- Non-stick cooking spray

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## Snacks and Sweets

**TIP:** Look for fat-free or low-fat and low-sodium varieties of crackers, cookies, and snacks.

- Pretzels
- Popcorn (air popped or "light")
- Baked chips
- Whole-grain crackers
- Low-fat cookies
- Angel-food cake
- Pudding with fat free milk
- Low-fat frozen yogurt or sherbet

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## Beverages

**TIP:** Sweeten your coffee or tea with a sugar substitute.

- Sparkling or flavored water
- Low-calorie lemonade or iced tea
- 100% fruit juice, "no sugar added"
- Low-sodium tomato/vegetable juice
- Coffee or tea

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## Miscellaneous

**TIP:** Healthy meals should be low in fat and salt. Flavor your food with herbs and spices instead!

- Herbs/spices
- Mustard
- Low-sodium bouillon
- Vinegar
- Salsa
- Lemon juice
- Sodium-free salt substitute
- Light soy sauce

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**Eat right.  
Be active.**

# Shopping Tips

- Always take a list with you and stick to it.
- Don't shop when you are hungry.
- Choose most of your foods from the perimeter of the store (Fresh fruits and vegetables, meat, and dairy products are located on the outer edge of the store. Less healthy processed foods are in the middle of the store.)
- Read labels carefully for nutrition information.
- Look at the list of ingredients. Fewer ingredients are better than a long list of artificial ingredients.

## Reading Food Labels

### Serving size

The serving size on the food label may not be the same size you are eating. If you eat twice the serving listed on the label, double all the numbers in the Nutrition Facts section.

### Calories

If you are trying to lose or maintain your weight, reducing calories is key. Compare similar products and choose those with fewer calories.

### Total Fat

Mono and polyunsaturated fats can help to lower your bad (LDL) cholesterol and protect your heart. Saturated and *trans* fat can raise your blood cholesterol and increase your risk of heart disease. Look for foods low in saturated fat, and avoid *trans* fats. Avoid foods with anything "hydrogenated" in the ingredient list.

### Cholesterol

Cholesterol from the food you eat may increase your blood cholesterol. Eat less than 200 mg per day.

### Sodium

There is hidden sodium (salt) in many canned and packaged foods. Aim for less than 2400 mg per day.

### Total Carbohydrate

If you are carbohydrate counting, the food label can provide you with the information you need for meal planning. Total carbohydrate on the label includes sugar, complex carbohydrate, and fiber.

### Fiber

Aim for 25-30 grams of fiber per day.

### Vitamins and Minerals

Try to buy foods that have a high % Daily Value of potassium, fiber, vitamins, calcium, and iron. (5% or less is low; 20% or more is high.)

### List of Ingredients

Check the ingredient list to spot things you'd like to avoid, such as *trans* fat. The ingredient list is also a good place to look for heart-healthy ingredients such as whole wheat flour and oats.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%



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