

Shopping List: Healthy Foods for Everyday Eating

Proteins

Low Fat Dairy:

- Greek yogurt low fat/fat free: (<10g sugar): Yoplait Greek 100calories, Dannon Light n Fit Greek, Oikos Triple Zero
- 2% or fat free cottage cheese (individual 4oz servings in 4 pack available)
- low fat cow/goat milk; unsweetened soymilk
- String cheese; low fat cheese slices; Mini Babybel Cheese
 - Pre-portioned choices, <3grams saturated fat, <200mg sodium, >5grams protein
 - No: block cheese, shredded cheese, cheese sauce (Nacho cheese), cream cheese

Lean Meats: palm size portion

- Poultry: Skinless chicken/turkey (dark meat OK), skinless rotisserie chicken, ground chicken/turkey, grilled chicken
 - No: chicken wings, fried chicken, chicken strips/nuggets/patties, commercial chicken salad
- Ground turkey, low sodium turkey bacon, Applegate Farms chicken or turkey sausage
- Fish: frozen/fresh/canned and drained; baked/grilled/poached fish
 - Wild salmon, Black cod, halibut, mackerel, canned sardines, canned salmon/tuna
 - Avoid fried fish, fish sticks/fish patties, breaded fish, “crusted” fish, commercial tuna salad
- Shellfish/Mollusks: steamed/boiled/raw (not fried) shrimp cocktail, crab, lobster, oysters, clams, limit crawfish
- Beef: lean choices – top/bottom/eye round, flank steak, 90% ground beef, sirloin
 - Trim excess visible fat from steaks
 - Limit fatty beef: restaurant hamburgers/meatballs (make your own with 95% ground beef)
 - Limit ribs/fatty brisket, rib-eye steak, prime rib
- Pork: Lean choices – tenderloin, boneless loin chop, Canadian bacon
 - Trim excess visible fat from pork chops
 - Limit bacon, ground pork, sausage, pepperoni, pork ribs
- Sliced deli meats: turkey breast, chicken breast, roast beef, ham (avoid salami, bologna, headcheese)

Egg and Egg Substitutes

- 1-2 Eggs daily, 2-4 egg whites, ¼ - ½ cup Eggbeaters, Better n’ Eggs Plus, AllBeaters 100% Liquid Egg Whites

Carbohydrates

Starches: Only choose 1 choice per meal, high in fiber, low sugar

- Oatmeal: 1/3 cup dry Quaker Old-Fashioned oats; ¼ cup dry steel-cut oats (cook as directed with water or milk)
- 1 cup High fiber cold cereals (fiber >3g, sugar <10g): any plain Kashi Cereals, Total Cereal, Multigrain Cheerios, FiberOne, Nature’s Path Organic FlaxPlus Multigran, plain bran flakes, oat bran flakes
 - Avoid granola, cereal with “clusters”/dried fruit/nuts/yogurt nuggets
- High fiber crackers (fiber >3g): Triscuits, Kashi, All-Bran, Wasa
- 100% whole wheat bread choices (<100calories, >3g fiber per serving): Orowheat Sandwich Thins, mini bagels, bagel thins, English muffins, small wheat tortillas, 1 slice of 100% whole wheat bread/Ezekiel bread
 - Look for “whole wheat flour” as 1st ingredient
- Barilla Whole Grain or Plus pasta (>3g fiber), Tofu Shirataki noodles (tofu section), quinoa pasta
 - Avoid creamy pasta salads.
- Starchy vegetables
 - butternut/acorn/Spaghetti squash, sweet potatoes, corn, peas, small red/fingerling potatoes
 - Avoid commercial potato salad, fried potatoes (French fries, tator tots, hash browns)
- Lentils, black beans, kidney, garbanzo, low fat vegetarian chili
 - Avoid restaurant refried beans
- Whole Grains: Brown/black/Red rice, wild rice, quinoa, farro, barley

Per meal:
½ cup for women
1 cup for men

Produce: eat a rainbow of colors!

Non-Starchy Vegetables: a serving is ½ cup cooked, 1 cup raw. Eat 3-5servings/day.

Half of your plate should have veggies.

- Cruciferous vegetables: broccoli, cauliflower, cabbage, bok choy, kale, collard greens, radishes, Brussels sprouts
 - Try roasting in the oven at 425F for 20-30minutes with a pinch of salt/pepper, drizzled with olive oil
- Dark leafy greens: spinach, spring mix/Romaine lettuce, arugula, mustard greens, Swiss chard, watercress
- Quick salad add-ins: broccoli slaw, shredded carrots, Persian cucumbers slices
- Easy snacks: mini-sweet bell peppers, cherry tomatoes, baby carrots, celery sticks, broccoli/cauliflower florets
- Mushrooms, okra, “fresh” green beans, snap peas, snow peas, zucchini/yellow squash, eggplant, asparagus
- Frozen vegetables without sauce; Canned vegetables without salt added, drained
- Healthy preparation: grilled, roasted, steamed/microwave, raw (avoid boiling)
 - Raw veggies with Greek yogurt veggie dip: mix plain fat free Greek yogurt with salad dressing powder
 - Raw veggies with lime/lemon juice and chili powder
 - Avoid: veggie chips, deep fried/tempura veggies, veggies smothered in sauce/butter

Fruit: a serving is 1 cup or 1 small whole fruit. Eat 2 servings/day

- 3 clementines, 1 cup berries, 1 cup melon, 1 cup grapes; oranges, peaches, pears , apples, plums, “small” bananas
- Fresh tropical fruits: papaya, kiwi, pineapple, mango
- Avoid fruit juice, dried fruits, canned fruits in syrup (choose canned in “fruit juice” and drained)

Quick Convenience Meals

- Frozen entrees <350calories, >14g protein
 - Lean Cuisine, Healthy Choice, Smart One’s
- Fast food: grilled chicken sandwiches (remove excess bread)/salad with <½ packet light dressing.
 - Avoid creamy condiments, mayo, cheese, croutons, dried fruit
- Progresso “Light” soups, “Whole Grain” Lean Pockets, Jimmy Dean Breakfast D-Lights
- Protein shakes (<250calories, >20g protein): Premier Nutrition, PureProtein, Muscle Milk Light

Condiments:

- Sugar substitutes: Splenda, Stevia, Equal, Sweet n Low, Torani sugar-free syrups,
- Sugar free: pancake syrup, chocolate syrup; extracts (vanilla, mint, almond, butter, lemon),
- Low sugar jam/jelly: Trader Joe’s Reduced Sugar jams, Smucker’s Sugar Free jams
- 2Tbs salad dressing, Salad Spritzers, rice/red wine/balsamic vinegars, lemon/lime juice
- Salsa/tomatillo sauce/pico de gallo, Tabasco, Tapatio, Sriracha, Frank’s hot sauce
- Mustard, 1Tbs ketchup, 1Tbs relish, 1Tbs mayonnaise
- seasonings: black pepper, chili powder, Mrs. Dash, lemon pepper, herbs/spices (oregano, basil, cinnamon, etc)
- Fats: Pam Olive oil non-stick spray, 1 tsp oil: Extra Virgin Olive oil, Grape seed oil, Expeller pressed Canola oil
- 1Tbs unsalted butter, 1Tbs Smart Balance “Heart Right Light”, 1Tbs “old fashioned” peanut/almond butter
 - Avoid margarine
- 1-2Tbs plain Greek yogurt, 1Tbs parmesan cheese, ½ small avocado

Beverages: carry water every where. Drink 64oz or more water every day!

- Crystal Light, MiO, Propel, diet bottled drinks (Snapple, Vitamin Water Zero)
- Caffeinated tea: Green/black/oolong/ice tea; herbal tea: chamomile/mint/ginger tea
- Avoid sodas (diet and regular), fruit juices, fruit drinks, coffee drinks, alcohol, commercial smoothies

Snacks: limit to 100-150calories

- 100calorie mini-bags microwave popcorn; SF jello/pudding; WeightWatchers/Skinny Cow/Yasso frozen treats
- Granola bars (fiber >3g, sugar <10g): Trader Joe’s Fiberful, Kashi TLC bars, 90 calorie Fiber One bars
- ¼ cup raw nuts: almonds, walnuts, cashews; Trader Joe’s “Just A Handful,” Blue Diamond 100calorie pack almonds
- 2 tablespoons of unsalted sunflower/pumpkin seed kernels