

# HEALTHY EATING GROCERY LIST

(Foods with a longer shelf-life)

| PRODUCE   | DAIRY/ALTERNATIVES   | CANNED GOODS                                      |
|---|--|---|
| <input type="checkbox"/> Apples                         | <input type="checkbox"/> Milk/Milk Alternative                             | <input type="checkbox"/> Beans                    |
| <input type="checkbox"/> Oranges                        | <input type="checkbox"/> Eggs  | <input type="checkbox"/> Lentils                  |
| <input type="checkbox"/> Potatoes                       | <input type="checkbox"/> Yogurt  | <input type="checkbox"/> Tuna                     |
| <input type="checkbox"/> Carrots                        | <input type="checkbox"/> Low-fat Cheese                                    | <input type="checkbox"/> Salmon                   |
| <input type="checkbox"/> Zucchini                       | <input type="checkbox"/>   | <input type="checkbox"/> Soup                     |
| <input type="checkbox"/> Onion                          | <input type="checkbox"/>   | <input type="checkbox"/> Tomatoes/Tomato Sauce    |
| <input type="checkbox"/> Mushroom                       | <input type="checkbox"/>   | <input type="checkbox"/> Fruit (in its own juice) |
| <input type="checkbox"/> Tomato                         | <input type="checkbox"/>   | <input type="checkbox"/> Green Vegetables         |
| <input type="checkbox"/>                                | <input type="checkbox"/>   | <input type="checkbox"/>                          |
| <input type="checkbox"/>                                | <input type="checkbox"/>   | <input type="checkbox"/>                          |
| MEAT/SEAFOOD  | FROZEN FOODS   | VEGETARIAN OPTIONS                                |
| <input type="checkbox"/> Lean Meat e.g. Chicken, Turkey | <input type="checkbox"/> Pizza Crust                                       | <input type="checkbox"/> Tofu                     |
| <input type="checkbox"/> Fish                           | <input type="checkbox"/> Pizza   | <input type="checkbox"/> Hummus                   |
| <input type="checkbox"/> Seafood                        | <input type="checkbox"/> Frozen vegetables<br>(broccoli, mixed vegetables) | <input type="checkbox"/> Veggie Burgers           |
| <input type="checkbox"/>                                | <input type="checkbox"/> Frozen fruit (e.g. berries)                       | <input type="checkbox"/>                          |
| <input type="checkbox"/>                                | <input type="checkbox"/>   | <input type="checkbox"/>                          |
| <input type="checkbox"/>                                | <input type="checkbox"/>   | <input type="checkbox"/>                          |
| CEREAL/BREAKFAST  | PASTA AND RICE   | CONDIMENTS  |
| <input type="checkbox"/> Whole Grain Cereals            | <input type="checkbox"/> Brown Rice  | <input type="checkbox"/> Olive Oil                |
| <input type="checkbox"/> Whole Grain Bread              | <input type="checkbox"/> Quinoa  | <input type="checkbox"/> Vinegar                  |
| <input type="checkbox"/> Oatmeal/Quick-Cooking Oats     | <input type="checkbox"/> Whole Grain Pasta                                 | <input type="checkbox"/> Nut Butter               |
| <input type="checkbox"/>                                | <input type="checkbox"/>   | <input type="checkbox"/>                          |
| <input type="checkbox"/>                                | <input type="checkbox"/>   | <input type="checkbox"/>                          |
| SNACKS/OTHER  | GLUCOSE BOOSTERS   | BEVERAGES   |
| <input type="checkbox"/> Popcorn                        | <input type="checkbox"/> Jello   | <input type="checkbox"/> Coffee                   |
| <input type="checkbox"/> Whole Grain Crackers           | <input type="checkbox"/> Hard Candies                                      | <input type="checkbox"/> Tea                      |
| <input type="checkbox"/> Unsweetened Applesauce         | <input type="checkbox"/> Jam   | <input type="checkbox"/>                          |
| <input type="checkbox"/> Nuts                           | <input type="checkbox"/>   | <input type="checkbox"/>                          |
| <input type="checkbox"/> Protein Bars                   | <input type="checkbox"/>   | <input type="checkbox"/>                          |
| <input type="checkbox"/>                                | <input type="checkbox"/>   | <input type="checkbox"/>                          |
| <input type="checkbox"/>                                | <input type="checkbox"/>   | <input type="checkbox"/>                          |