

Healthy shopping list and tips

Bring this with you when you go shopping.

1. Fill 1/2 your cart with fruits and veggies.
2. Try to stay around the outer edge of the store. This is where most healthy foods are.
3. Meat can be expensive. To save money try beans and tofu for your protein.
4. When you can, buy the grocery store brand. Name brand items are more expensive.
5. Don't add anything to your cart at the cash register. If you need it, you would have picked it up earlier.

Veggies

- Lettuce
 - Cucumber
 - Tomatoes
 - Kale
 - Spinach
 - Broccoli
 - Carrots
 - Onions
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Fruits

- Bananas
 - Apples
 - Oranges
 - Berries
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Snacks

- Rice cakes
 - Granola bars
 - Popcorn
 - Peanut butter
 - Jam
 - Applesauce (unsweetened)
 - Nuts (unsalted)
 - Wheat Thins
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Protein

- Deli meats (low salt)
 - Chicken or turkey breast
 - Canned tuna
 - Tofu
 - Beans
 - Lentils
 - Eggs
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Dairy

- Low-fat milk
 - Lactaid, almond milk, soymilk
 - Low-fat cheese
 - Low-fat yogurt
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Whole grains

- Plain oatmeal
 - Rice (brown or wild)
 - Whole wheat pasta
 - Whole wheat bread
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Drinks

- Water
- Coffee
- Tea

Talk to your CHN nutritionist if you have more questions!