

# Healthy Foods Shopping List

The right grocery shopping list is the first step towards a healthy diet. Going to the store with a list will make your trip more efficient and help you avoid buying unnecessary items. Try to incorporate these items into your weekly meals.

## Fruit

- Apples
- Bananas
- Blueberries
- Dried fruit  
(such as raisins)
- Grapes
- Melon
- Pears
- Pomegranates
- Raspberries
- Strawberries

## Vegetables

- Broccoli
- Cabbage
- Carrots
- Cucumbers
- Garlic
- Onions
- Romaine lettuce
- Sweet potatoes
- Tomatoes  
(fresh or canned)
- Spinach
- V-8 Juice (low sodium)
- Zucchini or squash

## Dairy

- Evaporated skim milk
- Low fat milk  
(regular or soy)
- Low fat cheese
- Low fat sour cream
- Low fat yogurt

## Meats & Other Protein

- Beans  
(black, pinto, kidney, vegetarian baked beans, garbanzo)
- Chicken breast
- Eggs
- Fish (salmon, tuna)
- Lean ground beef
- Pork
- Nuts (walnuts, pecans)
- Peanut butter

## Grains

- Brown rice
- Cereal (with at least 4 grams of fiber per serving)
- Corn tortillas
- Pita bread  
(whole wheat or oat bran)
- Rolled oats
- Whole grain bread
- Whole grain crackers
- Whole wheat pizza

## Frozen Foods

- Broccoli
- Corn
- Frozen fruits  
(for smoothies or toppings)
- Orange juice concentrate
- Peas
- Spinach
- Soy beans (edamame)
- Vegetable mixes

## Other

- Flax seed
- Fresh or dried herbs  
(garlic powder, cayenne, curry powder)
- Low sodium canned soups
- Low sodium broth
- Non-stick cooking spray
- Salad dressing spray  
(or dressing with less than 3 grams of fat per serving)
- Soy sauce (low sodium)
- Vinegar  
(red, balsamic, rice)

If you are experiencing side effects from treatment, some of these foods may not be recommended. Speak to our Registered Dietitian for advice. Call the Nutrition Line at 866-585-3443.