H³ SHOPPING LIST

FRUITS & VEGETABLES

At least 5 servings per day (*fresh, frozen, canned without salt or sugar*)

- [ ] Apples
- [ ] Bananas
- [ ] Blueberries
- [ ] Cantaloupe
- [ ] Grapes
- [ ] Grapefruit
- [ ] Lemons
- [ ] Oranges
- [ ] Pineapple
- [ ] Strawberries
- [ ] Asparagus
- [ ] Beans (green)
- [ ] Broccoli
- [ ] Carrots
- [ ] Cauliflower
- [ ] Celery
- [ ] Lettuce (romaine or other dark, leafy variety)
- [ ] Mushrooms
- [ ] Onions
- [ ] Peppers (green, red)
- [ ] Tomatoes
- [ ] Seasonal fruits and vegetables

FISH, POULTRY, AND ALTERNATIVES

6-8 oz. per day

- [ ] Fish (Grouper, salmon, flounder, mahi mahi, orange roughie, tilapia, etc.)
- [ ] Tuna fish (water packed)
- [ ] Shellfish (shrimp, lobster, crabs, clams)
- [ ] Turkey (not self-basting, skinless ground)
- [ ] Chicken breast (skinless)
- [ ] Pork tenderloin
- [ ] Lean beef
- [ ] Soy burgers (Boca or garden)
- [ ] Eggs (no more than 2 egg yolks per week for those with elevated LDL cholesterol)
- [ ] Egg substitutes (egg beaters)

DAIRY

2-3 servings per day

- [ ] Cheeses (≤ 3 gm fat/oz)
- [ ] Cottage cheese (lowfat)
- [ ] Parmesan (grated)
- [ ] Skim milk
- [ ] Soy milk (low or nonfat calcium enriched)
- [ ] Yogurt (low or nonfat)

GRAINS, LEGUMES, STARCHY VEGETABLES

4-8 servings per day

- [ ] Bagels (whole wheat)
- [ ] Bran (wheat, oat)
- [ ] Bread (100% whole wheat, whole grain, multi-grain, rye-check sodium, oat, cracked wheat, reduced-calorie)
- [ ] Cereal (whole grain wheat, rice, corn or oatpuffed, flaked, shredded; 3 grams fiber per 100 calories and ≤ 3 grams fat; 1 gram of sugar to 1 gram of fiber)
- [ ] Tortillas (corn, whole wheat)
- [ ] Oatmeal (mixed grain)
- [ ] Pasta (whole wheat)
- [ ] Rice (brown, wild)
- [ ] Corn
- [ ] Beans (dried, black, kidney, lentils, lima, pinto, barley, soy, etc.)
- [ ] Sweet potato
- [ ] Acorn squash
- [ ] Winter squash
- [ ] Potato, sweet or white
- [ ] Quinoa
- [ ] Lavosh Cracker

FATS & OILS

2-5 servings per day

- [ ] Spray vegetable oil (Pam)
- [ ] Canola oil
- [ ] Olive oil
- [ ] Margarine tub (reduced or nonfat, trans fat free)
- [ ] Mayonnaise (reduced or nonfat)

HERBS & SPICES

- [ ] Baking Powder
- [ ] Baking Soda
- [ ] Basil
- [ ] Bay leaf
- [ ] Cinnamon
- [ ] Dill weed
- [ ] Lemon Pepper
- [ ] Mrs. Dash
- [ ] Pepper
- [ ] Thyme

SNACK FOODS

- [ ] Popcorn (smartpop – hot, air popped)
- [ ] Pretzels (low sodium, whole wheat)
- [ ] Tortilla Chips (reduced fat, fat free, baked)
- [ ] Soy chips
- [ ] Soy nuts
- [ ] Crackers (Kashi 7-Grain)
- [ ] Animal or Graham crackers
- [ ] Nuts and seeds (2-7 oz/week)
- [ ] Granola Bars (Kashi)

MISCELLANEOUS

- [ ] Quality frozen meals (Healthy Choice, Amy's)
- [ ] Popsicles (reduced-calorie, low fat)
- [ ] Salsa
- [ ] Pasta sauce (low-sodium, low-fat)
- [ ] Soups (Healthy Valley, low-sodium)

EMERGENCY MEALS / OTHER