



Healthy Grocery Shopping Inventory



Protein

- Skim or low fat milk
- Plant-based milk (e.g. soy, almond) _____
- Low-fat yogurt
- 0% or 2% Greek yogurt
- Kefir
- Cheese _____
- Low-fat cottage cheese
- Canned beans (e.g. chickpea, kidney) _____
- Dried beans (e.g. chickpea, kidney) _____
- Lentils
- Hummus
- Fresh or frozen shellfish (e.g. shrimp) _____
- Fresh or frozen fish _____
- Canned fish (e.g. tuna, salmon, sardines) _____
- Eggs
- Roasted chickpeas or dried soybeans
- Frozen soybeans (edamame)
- Tofu
- Chicken
- Deli meat (e.g. turkey, roast beef, ham) _____
- Lean red meat (93% lean ground, sirloin, etc.)
- Other _____

Fruit

- Frozen fruit (e.g. mango, peaches) _____
- Grapes or raisins
- Dried fruit (e.g. apricots, prunes, figs) _____
- Canned fruit, in juice or light syrup _____
- Lemons or limes
- Apples
- Oranges
- Pears
- Berries (e.g. blueberries, strawberries) _____
- Melon _____
- Bananas
- Other _____

Vegetables

- Frozen vegetables _____
- Tomatoes or tomato sauce
- Summer squash or zucchini
- Onions or garlic
- Leafy greens (e.g. kale, spinach) _____
- Carrots
- Peppers (fresh or roasted)
- Broccoli or cauliflower
- Beets
- Brussels sprouts
- Asparagus
- Radishes
- Celery
- Cabbage
- Cucumbers
- Other _____

Whole Grains

- Brown or wild rice
- Whole wheat pasta
- Whole grain bread (2-3 grams fiber/slice)
- Whole wheat tortilla
- Whole wheat English muffins or pita
- Whole wheat couscous
- Whole grain cereal _____
- Oatmeal
- Corn tortillas
- Grits
- Bulgur
- Quinoa
- Granola bar
- Other _____

Other Grains

- Pasta
- Rice
- Bread, other _____
- Cereal, other _____
- Other _____

Starchy Vegetables

- Corn
- Peas
- Potatoes
- Sweet potatoes
- Winter squash (e.g. acorn) _____
- Plantains
- Other _____

Nuts and Seeds

- All natural peanut butter
- Other nut butters _____
- Nuts (e.g. walnuts, almonds) _____
- Pumpkin seeds
- Sunflower seeds or sunflower seed butter
- Sesame seeds or tahini
- Other _____

Fats/Oils

- Avocado
- Olive oil, canola oil, or peanut oil
- Flaxseed, walnut, or grapeseed oil
- Olives
- Mayonnaise
- Other _____

Other Condiments

- Salsa or ketchup
- Mustard
- Hot sauce or tabasco
- Fresh herbs or spices _____
- Other _____