

Healthy Shopping!

When in the grocery stores, use this guide to get the most nutritious items for your everyday diet:

Choose these more often!

Fats, Oils, Sweets: (Use sparingly)

Sugar-Free Popsicles
Vanilla wafers
Animal crackers
Canola or olive oil
Fat free oil spray
Tub margarine
Light mayonnaise and dressings

Dairy: Milk, Yogurt, Cheese (3 Servings)

Sherbet, Ice milk (low fat Ice Cream)
Soy Milk
Low or non-fat frozen yogurt
Pudding made with 1% milk
Low or non-fat Cheese

Meats: Poultry, Fish, Dry Beans, Nuts

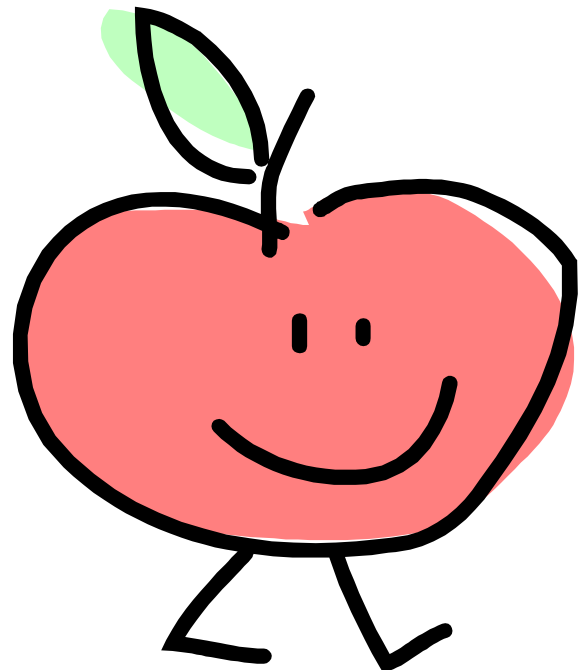
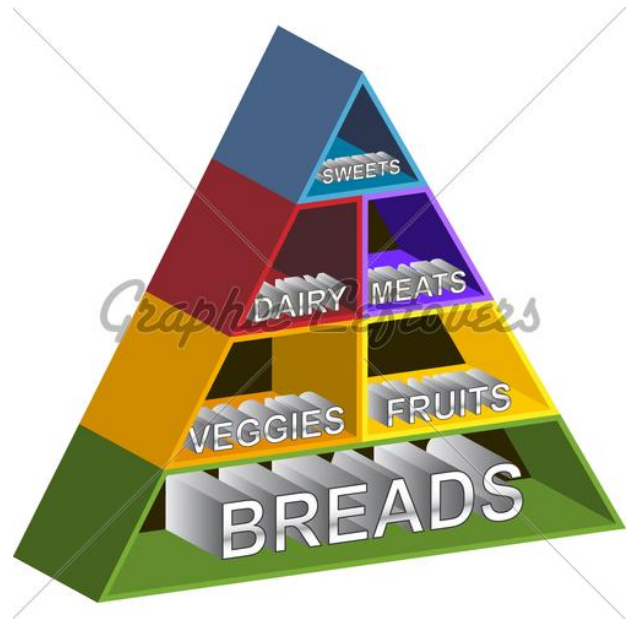
Round steak (2 Servings)
Skinless chicken or turkey
Tuna canned in water
Lean cuts of pork, beef, etc.
Nuts, Peanut butter
Dry beans, peas, lentils

Veggies: (3 Servings)

Fresh or frozen vegetables

Breads: (6 servings)

Whole grain breads, muffins, pastas, cereals, crackers.
(The first ingredient should be whole wheat flour)
High fiber cereals (more than 2 grams of fiber per serving)
Brown Rice
Unsalted snacks/pretzels
Cooked cereals such as Oatmeal



Fruits: (2 Servings)

100% fruit juice
Fresh fruit, berries, melons
Dried Fruit

Other Healthy Options:

Light microwave or air-popped popcorn
Green Tea
Egg Whites or Egg Substitutes

<http://www.healthyfridge.org/choose.html>

<http://www.thedietchannel.com/Meal-Planning-Healthy-Eating-on-a-Budget.htm>