

BE A LIST MAKER.

Not only is a shopping list a handy way to stay organized, but it can also be used as a way to keep poor food choices out of your cart.

Take me shopping!

Fresh Fruits

- Apples
 - Apricots
 - Bananas
 - Berries
 - Cherries
 - Grapefruit
 - Oranges
 - Peaches
 - Pears
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Fresh Vegetables

- Artichokes
 - Asparagus
 - Broccoli
 - Brussels sprouts
 - Cauliflower
 - Cucumbers
 - Green beans
 - Onions
 - Peppers
 - Salad greens (kale, spinach, lettuce)
 - Squash
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Beans and Legumes (canned or dried)

- Black beans
 - Chickpeas
 - Kidney beans
 - Lentils
 - Pinto beans
 - White beans
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Whole Grains

- Barley
 - Millet
 - Oatmeal
 - Quinoa
 - Whole-wheat pasta
 - Whole-grain bread
 - 100% whole-grain flour
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Dairy

- Low-fat or fat-free Greek or plain yogurt
 - Cottage, Parmesan, or ricotta cheese
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Fish, Meats, and Poultry

- Eggs
 - Salmon
 - Sardines
 - Skinless, boneless chicken breasts
 - Skinless turkey breasts
 - Tuna
 - Whitefish fillets
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Dressings, Dips, Spices, and Condiments

- Any spice or herb
 - Hot sauces
 - Mustard
 - Olive oil
 - Salsa
 - Vinegar
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Desserts

- Popsicles with no added sugar
 - 100%-fruit popsicles
 - Desserts made with sugar-free gelatin
 - Pudding or ice cream with no- or low-calorie sweeteners
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Snacks

- Hummus
 - Almond or peanut butter
 - Air-popped popcorn
 - Lightly salted or unsalted nuts
 - Glucerna® snack bars and mini treats
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Drinks

- Coffee, unsweetened
 - Iced or hot tea, unsweetened
 - Low-fat or skim milk
 - Sparkling water
 - Plant-based milks, unsweetened
 - Glucerna® shakes
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