

Conquering the Grocery Store



For the Refrigerator

- fresh fruit

- fresh vegetables (focus on non-starchy veggies)

- garlic / onions / shallots
- milk (skim, 1% low-fat, or unsweetened plant-based)
- plain greek yogurt (non-fat or low-fat)
- egg or egg substitute
- cheese (reduced-fat)
- cottage cheese (1% low-fat)
- fresh meat, poultry or fish

For the Freezer

- frozen fruit

- frozen vegetables

- frozen fish fillets or shellfish
- frozen chicken breasts (boneless, skinless)

For the Spice Cabinet

- balsamic vinegar or other cooking vinegars (white wine, rice, or cider vinegar)
- pepper
- salt-free spices
- dried herbs and spice blends
- cooking spray
- cooking oils (vegetable or olive oil)

TIP: Try to choose fruits and vegetables in a range of colors. Include them in every meal and snack. Non-starchy vegetables are the lowest in calories and carbohydrates. You'll need to count the carbs in your fruits and starchy vegetables just as you would for any other food group. This doesn't mean you need to avoid them—just be sure the amount you're eating fits into your overall meal plan.

TIP: Shoot for two to three low-fat servings per day. Greek yogurt may be a better option than other yogurts because it's higher in protein and lower in carbs than traditional yogurt. Cottage cheese is another great low-carb option that's also high in protein.

TIP: Choose fatty fish for heart health and brain protection. Seafood such as salmon or sardines, is a great option because omega-3 fatty acids support a healthy heart. Try to plan at least two servings of fish each week. Go lean when it comes to other meats and shoot for 3-ounce serving sizes.

TIP: You can stock up on frozen fruits and veggies! Just be sure to read the nutrient label to avoid products with lots of additives, sugar, or sodium. When buying frozen meats, be mindful of products with added seasonings, sauces, or breading as this can also be high in additives, sugar, and sodium.

For the Pantry

broths (low sodium / vegetable or chicken)

canned vegetables

canned fruit

canned beans

fat-free refried beans

canned tuna or salmon

instant oatmeal or quick oats

whole grain cereal (unsweetened)

brown rice or other whole grains
(quinoa, bulgur, or whole grain barley)

pasta (whole wheat)

whole wheat bread or pita bread

dried fruit

unsalted nuts

natural peanut butter or other nut butter

seeds (sunflower, flax)

popcorn (light, microwave)

potatoes (white or sweet)

spaghetti sauce

TIP: Choose fruits in juice, not syrup, and look for low-sodium vegetables and canned beans.

TIP: The legume family includes beans, peanuts, peas, and lentils. Aim for one to two 1/2-cup servings per day.

TIP: Try to limit amounts of processed foods when you can, but that's not always feasible. In general, check the packing for these words: whole grain, whole wheat, sprouted grain, or high fiber. It is recommended to choose foods in this category with at least three grams of dietary fiber and less than eight grams of sugar per serving.

TIP: Make half your grains be whole grains. Try to keep whole grains minimally processed. When choosing whole grains, consider buying corn, oats, buckwheat, or quinoa, which take longer to digest and keep your cravings at bay.

Notes

