

# Healthy Kitchen Shopping List

Eating well takes planning. Have a variety of healthful foods on hand.

## VEGETABLES (FRESH, FROZEN, CANNED, NO ADDED FAT) 3-5 Servings per day = ½ cup cooked, 1 cup raw

- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collards
- Eggplant
- Garlic
- Kale
- Leaf Lettuce
- Leafy Greens (for cooking)
- Mushrooms
- Mustards
- Onions
- Peppers
- Potatoes
- Romaine Lettuce
- Spinach
- Squash
- Sugar Snap Peas
- Sweet Potatoes
- Tomato Juice
- Tomatoes
- Turnips
- Zucchini

## FRUIT (FRESH, FROZEN OR CANNED) 2-4 servings per day = ½ cup, cooked, 1 piece, ½ cup 100% juice

- Apples
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Honeydew Melon
- Kiwi Fruit
- Mangoes
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Prunes
- Strawberries
- Tangerines
- Watermelon
- 100% juice

## GRAINS (2 GRAMS OR LESS OF FAT PER SERVING)

6+ servings = 1 slice bread, ½ cup cooked

### BREADS

- Bagels
- Biscuit
- Breadsticks
- Buns or Rolls
- English Muffins
- Italian or French Loaf
- Pita Pockets
- Tortillas (look for fat free)
- Bread-Multigrain/Whole Wheat

### OTHER GRAINS

- Barley
- Bulgur Wheat
- Rice (Brown, White, Wild)
- Cornmeal
- Couscous
- Pasta
- Noodles
- Grits

## DAIRY (LOOK FOR LOWFAT OR NONFAT PRODUCTS)

### Servings per day

1 serving = 1 8 oz. cup or 2 small matchbox size cheese cubes

Adults	2	Teens	4
Children	3	Pregnant	4-5

- Milk, skim, 1% (whole for kids under 2)
- Cottage Cheese, low fat
- Cream Cheese, light/non-fat
- Cheeses, part skim or low fat
- Sour Cream, non-fat
- Yogurt, non-fat

## CONDIMENTS

- Salsa
- Ketchup
- BBQ Sauce
- Herbs
- Spices
- Mustards
- Fat-free salad dressing
- Fat-free mayonnaise
- Vinegar (Rice, wine, balsamic)
- Teriyaki/Szechuan sauce
- Non-Stick Spray
- Soy sauce

## CEREALS AND SNACKS

- Whole-grain cereal
- Graham crackers
- Pretzels
- Saltines
- Popcorn (air pop)
- Low-fat Snack Crackers
- Baked tortilla chips
- Rice cakes
- Angel food cake
- Oatmeal/hot cereal

## MEAT AND MEAT ALTERNATIVES

### Servings per day

Serving size = 1 deck of cards

Ages 1 - 2	½	Ages 4 - Adult	1½
Pregnant women/teens		2	

- Fish (Fresh or frozen; no batter or breading)
- Dried or canned beans, peas, lentils
- Skinless chicken/turkey breast
- Flank steak
- Beef bottom round steak
- Rib-eye (separate lean, broiled)
- 99% lean ground meat
- Deli meats with 2 grams or less fat per ounce
- Lean lamb
- Egg white/Eggs (1 small per day)
- Peanut butter
- Hummus



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