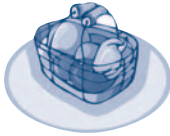


SU Ag Center

# Shopping Suggestions



Use this list to make better choices in the store.

Read labels and pay attention to serving sizes.

Buy cereal with at least 3g fiber & less than 10g sugar per serving.

Find items with less than 2g sat fat and 500mg sodium per serving.

Plan your meals around vegetables, fruits, whole grains and beans.

Challenge yourself to fill half of your cart with produce (fresh, frozen, canned).

Experiment with new vegetables, new pasta shapes and beans.

Try to buy whole grains instead of refined grains, such as whole grain cereal, 100% whole wheat bread, oatmeal, and brown rice.

Choose fruits, vegetables, and salt-free nuts instead of salty snack foods.



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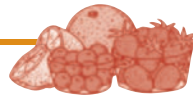
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# Handy Healthy Shopping List





## Grains:

- bagels (wheat)
- barley
- bran cereal
- brown rice
- cheerios
- corn tortilla
- fettuccini/linguini
- lasagna
- low-fat tortillas
- macaroni
- oatmeal
- popcorn
- shredded wheat
- spaghetti
- unsalted pretzels
- unsalted wheat crackers
- whole grain crackers
- whole wheat bread
- whole wheat pitas

## Vegetables:

(canned/fresh/frozen)

- asparagus
- avocado
- bell peppers
- broccoli
- brussels sprouts
- cabbage
- carrots
- cauliflower

- celery
- corn
- cucumbers
- eggplant
- garlic
- green beans
- green onions
- herbs
- kale, collards
- lettuce
- mushrooms
- mustard green
- mirliton
- onions
- okra
- parsley
- potatoes
- peas
- spinach
- squash
- sweet potato
- tomatoes
- turnips
- vegetable medley
- winter squash
- zucchini

## Fruits:

(fresh/dried/juice/frozen)

- apricots
- apples

- apple juice
- bananas
- blueberries
- cantaloupe
- grapefruit
- grapes
- honeydew
- kiwi
- lemons/limes
- oranges
- peaches
- pears
- pineapples
- plums
- prunes
- raisins
- raspberries
- satsuma
- strawberries
- tangerines
- unsweetened applesauce
- watermelon

## Milk/Dairy:

- evaporated skim milk
- fat-free half & half
- fortified soy milk
- ice cream (low fat & sugar)
- light tub margarine
- nonfat ricotta

- nonfat sour cream
- nonfat yogurt
- parmesan cheese
- reduced-fat cheese
- skim milk
- 1% milk
- 1.5% milk
- 2% milk

## Meats & Beans:

- black beans
- black eyed peas
- cannellini beans
- chicken breast
- chicken broth
- eggs
- fish
- garbanzo beans
- lean beef, pork
- lentils(green & red)
- lima beans (large & baby)
- low-fat soup
- navy beans
- peanut butter
- peas (split/whole)
- pink beans (sub. pinto in chili)
- pinto beans
- red beans

- shrimp/seafood
- soy beans
- turkey or low fat bologna
- turkey or low fat hot dog
- turkey or low fat sausage
- tofu
- tuna fish in water
- turkey breast
- veggie burgers

## Oils:

- canola oil
- corn oil
- olive oil
- safflower oil
- vegetable oil
- flax seed oil

## Snacks & Nuts:

- almonds
- baked potato chips
- baked tortilla chips
- brazilian nuts
- cashews
- chestnuts
- hazelnut
- peanuts
- pecans

## Condiments:

- pine nuts
- pistachios
- baking power
- baking soda
- balsamic vinegar
- cocoa powder
- corn meal
- light chocolate syrup
- light jam
- light soy sauce
- low-fat mayo
- low-fat salad dressing
- mustard
- salt-free ketchup
- reduced-cal syrup
- relish
- spices
- vanilla extract
- vinegar
- worcestershire sauce

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