



SHOPPING TIPS:

- Do not shop on an empty stomach
- Primarily shop the perimeter aisles of the store
- Avoid products at the head of the aisles and at the checkout counter
- Have a plan
- Only buy items you don't already have or are running out of.

BAKERY

100% whole wheat bread
Pumpnickel bread
Sourdough bread

CEREAL

Bran cereal
Kashi cereal

CANNED FOODS

Black beans
Fruit (canned in its own juice)
Kidney beans
Navy beans
Pinto beans
Tuna (water-packed)

DELI

Tip: Avoid processed meats, salads, and fried foods
Deli meats (turkey, chicken, roast beef, ham)
Hummus
Rotisserie chicken (remove the skin)

MEAT AND SEAFOOD

Turkey breast
Skinless chicken (white-meat)
Lean ground beef (the leaner the better)
Lean red meat and pork
Salmon and other fish

BAKING, SNACKS, AND

CONDIMENTS

Almonds
Canola oil
Enova oil
Mustard
Olive Oil
Peanut butter (natural)
Peanuts
Low-fat salad dressing
Sunflower seeds
Balsamic or red-wine vinegar

DAIRY

Reduced-fat cheese
1% or 2% cottage cheese
100% juice (no sugar added)
1% or fat-free milk
Low-fat/low-sugar yogurt

FROZEN FOODS

Fruits
Low-fat/low-sugar ice cream
Kashi waffles
Soy yogurt or ice cream
Vegetables

PRODUCE

Red or green apples
Apricots
Bananas
Blueberries
Broccoli

Carrots
Cauliflower
Cucumber
Edamame
Grapefruit
Red grapes
Green beans
Kiwifruit
Oranges
Pears
Romaine lettuce
Spinach
Strawberries
Sweet potatoes
Tofu
Tomatoes
Pineapples

BEVERAGES

Regular and decaf coffee
Dry beverages (like Crystal Light)
Green, white, and black tea
Bottled water
Red wine

SUPPLEMENTS

Antioxidants
Fish oil (EFA)
Multivitamin
Snack bars