

Healthy Grocery Checklist

A whole-foods grocery list of lean proteins, produce, whole grains and healthy fats for nutritious shopping.

Fresh Vegetables

- Leafy greens: spinach, kale, romaine, or arugula
 - Cruciferous veg: broccoli, cauliflower, Brussels sprouts
 - Colorful peppers, tomatoes, and carrots
 - Onions, garlic, and fresh herbs
 - Cucumber, celery, and zucchini for snacking
- Aim for a mix of colors to cover a range of nutrients.
- Sweet potatoes or squash

Fresh Fruit

- Berries: strawberries, blueberries, or raspberries
 - Apples, pears, or oranges
 - Bananas for snacks and smoothies
 - Avocados for healthy fats
 - Seasonal fruit on sale
- In-season fruit is usually cheaper and at peak flavor.

Lean Proteins

- Skinless chicken or turkey breast
- Eggs
- Fish such as salmon, tuna, or white fish
- Lean ground turkey or lean ground beef
- Tofu, tempeh, or edamame
- Dried or low-sodium canned beans and lentils
- Plain Greek yogurt or cottage cheese

Whole Grains

- Rolled or steel-cut oats
 - Brown rice or quinoa
 - Whole-grain or whole-wheat bread
 - Whole-grain pasta
 - Whole-grain crackers or wraps
- Look for whole grain listed as the first ingredient.

Healthy Fats

- Extra-virgin olive oil
- Unsalted nuts: almonds, walnuts, or cashews
- Natural nut butter with no added sugar
- Seeds: chia, flax, or pumpkin
- Olives or avocado oil

Smart Pantry and Extras

- No-salt-added canned tomatoes and beans

- Low-sodium broth or stock
- Herbs, spices, and salt-free seasoning blends
- Vinegars and mustard for dressings
- Plain frozen vegetables and fruit
- Unsweetened milk or plant-based alternative