Healthy Grocery List

Fresh Vegetables

Need	In Cart							
Asparagus			Green Beans			Potatoes		
Broccoli			Green Onions			Radishes		
Carrots			Lettuce			Sweet Potatoes		
Cauliflower			Other Greens			Squash		
Celery			Onions			Tomatoes		
Corn			Peas			Zucchini		
Cucumbers			Peppers					
Other Vegetables:								

Fresh Fruits

Apples			Grapefruit			Oranges		
Bananas			Grapes			Peaches		
Berries			Nectarines			Pears		
Other Fruits:								

Frozen Foods

Blueberries			Fish Fillets			Onions		
Burgers			Fruit			Peas		
Carrots			Green Beans			Shrimp		
Chicken Breasts			Juice Bars			Vegetarian		
Corn			Mixed Vegetables					
Other Frozen:								

Canned Foods

Black Beans			Pineapples			Tuna		
Marinara Sauce			Salmon			White Beans		
Pinto Beans			Tomatoes					
Other canned food:								

Meats

Chicken			Pork Chops			Turkey		
Fish			Shell Fish			Ham		
Lean Hamburger			Steaks					
Other Meats:								

Grains and Cereals

Oatmeal			Whole Grain Cereal			Whole Grain Pasta		
Whole Grain Bread								
Other Grains:								

Beverages

100% Fruit Juice			Sparkling Water			Tomato Juice		
Herb Tea								
Other Beverages:								

Dairy and Eggs

Butter			Low Fat Cream Cheese			Mozzarella Cheese		
Colby Cheese			Low Fat Milk			Yogurt		
Cheddar Cheese			Low Fat Sour Cream					
Other Dairy:								

Miscellaneous Items

Almonds			Low Fat Dressings			Herbs and Spices →		
Flax Seeds			Mixed Nuts			Sesame Oil		
Garlic			Mustard			Walnuts		
Honey			Olive Oil			Walnut Oil		
Low Fat Mayonnaise			Pecans					
Low Sodium Soy Sauce			Pumpkin Seeds					
Other Miscellaneous Items:								

To Do list

-
-
-
-
-
-

Before Shopping

- Eat before you shop
- Bring a list
- plan your meals

Healthier foods such as fresh produce, unprocessed meats and dairy, tend to be placed around the perimeter of the store

Choose fresh fruits and vegetables that are firm, ripe and unblemished. Look out for mold. Avoid potatoes that have a green tint to their skins

If you can't find the fresh produce, then your second choice should be frozen fruits and vegetables. rather than canned foods

Seafood and fish contain the healthy oils we need called omega-3 fatty acids. Fish should have a fresh smell and firm flesh

Chose 100 percent whole grain breads. Avoid high fat and high sugar snacks. Drink more diet soda, juice, water or milk and less sugary soft drinks.

Lose Weight Today! The Easy Way With Laser Therapy!
(705) 673-0001 or (888) 241-0001

Copyright 2009 of the Sudbury laser heath clinic
All rights reserved