



# A Healthier Grocery List

## for heart health

### Fruits & Veggies


- 
- Apples
  - Asparagus
  - Avocados
  - Bananas
  - Beets
  - Berries
  - Bell peppers
  - Broccoli
  - Cabbage
  - Cauliflower
  - Celery
  - Cucumber
  - Dark leafy greens (collard greens, kale, spinach, watercress)
  - Eggplant
  - Grapes
  - Lemons
  - Mangoes
  - Oranges
  - Papaya
  - Pears
  - Squash
  - Sweet potatoes
  - Tomatoes
  - Zucchini

### Low-Fat/Nonfat Dairy & Dairy Alternatives\*

- Cheese
- Cottage cheese
- Milk
- Yogurt

\*Soy milk, almond milk and other nondairy products make for great alternatives. Just make sure they're fortified with calcium and other nutrients, and choose unsweetened products to avoid added sugar.

### Protein

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- Beans (black, garbanzo, kidney, navy, pinto)
  - Beef (lean cuts – ground round, sirloin)
  - Chicken or turkey breasts and tenders (skinless, boneless)
  - Eggs
  - Fish (herring, mackerel, salmon, trout, tuna)
  - Lentils
  - Pork tenderloin (trimmed of fat)
  - Seitan
  - Soybeans
  - Tempeh
  - Tofu

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### Whole Grains

Barley  
Bulgur  
Cornmeal  
Couscous  
Flaxseed, ground or whole  
Flour, whole wheat  
Millet  
Oat bran  
Oats (rolled, steel-cut, Irish)  
Pasta (whole wheat, spelt, kamut)  
Polenta  
Quinoa  
Rice (brown, wild, jasmine, brown basmati)  
Wheat berries

### Pantry Essentials

Broth, reduced-sodium (chicken, beef, vegetable)  
Coffee  
Green tea  
Nonfat cooking sprays  
Oils (olive & canola)  
Pasta sauce (low-fat or fat-free)  
Soups (low-sodium)

### Herbs & Spices

Allspice  
Basil  
Bay leaves  
Black pepper  
Chili powder  
Chinese five-spice  
Cinnamon  
Cloves  
Coriander  
Cumin  
Curry powder  
Dill  
Garlic  
Italian seasoning  
Mint  
Nutmeg  
Oregano  
Paprika  
Parsley  
Red pepper flakes  
Rosemary  
Sodium-free seasonings  
Thyme

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### Condiments

- Barbecue sauce (low-sodium)
- Honey
- Ketchup (reduced-sodium)
- Maple syrup
- Mayonnaise (reduced-fat or nonfat)
- Mustards (whole grain, honey, Dijon, yellow)
- Salad dressings (reduced-fat or nonfat)
- Soy sauce (reduced-sodium)
- Vinegars (rice, red wine, balsamic, apple cider, raspberry)

### Snacks

- Crackers (whole-grain, trans fat-free)
- Dark chocolate
- Dried fruits
- Nuts and seeds, raw (almonds, cashews, flax seeds, pistachios, walnuts, chia seeds, pumpkin seeds, sunflower seeds, sesame seeds)
- Popcorn cakes or brown rice cakes
- Popcorn (plain or light)
- Pretzels (whole-grain)
- Tortilla chips (baked, trans fat-free)

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