



# 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



- 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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