

Shopping Staples

FRESH PRODUCE (ALL!)

- ✓ Salad greens
 - ✓ Bagged rainbow slaw (also called California slaw or broccoli slaw)
 - ✓ Garlic (fresh, in the tube or minced)
 - ✓ Onions (onions are storage produce and last a long time in the crisper drawer)
 - ✓ Carrots (carrots last a long time in the refrigerator)
 - ✓ Apples (apples keep well in the crisper drawer)
 - ✓ Seasonal farmer's market specials
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LEAN MEATS

- ✓ Fish
 - ✓ Chicken and turkey breast
 - ✓ Lean pork and beef (loin or round cuts)
 - ✓ Canned tuna and salmon
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WHOLE GRAINS, CEREALS, AND BEANS

- ✓ Canned reduced-sodium beans and bagged dry beans (black, pinto, navy, kidney, etc.)
- ✓ Whole grains (brown rice, whole-wheat pasta, barley, quinoa, old-fashioned or steel cut oats, etc.)
- ✓ Whole-grain pitas
- ✓ Ezekiel cinnamon-raisin English muffins



LOW-SODIUM CANNED GOODS AND DRIED FRUITS

- ✓ No-salt-added canned tomatoes (diced, stewed, and with green chilis)
- ✓ Reduced-sodium and unsalted stock or broth (chicken, vegetable, beef)
- ✓ Raisins (golden and purple)

DAIRY, EGGS, AND FROZEN FOODS

- ✓ Milk (1% or nonfat), plain soymilk or almond milk
- ✓ Eggs
- ✓ Butter or trans-fat-free spread
- ✓ Greek yogurt (plain, nonfat)
- ✓ Frozen fruit (blueberries, strawberries, blackberries, peaches)
- ✓ Frozen vegetables (stir-fry blends, mirepoix, chopped onions and peppers)
- ✓ Frozen chicken or fish (non-breaded)

MISCELLANEOUS

- ✓ Spice blends (Mrs. Dash salt-free seasonings, Jane's Crazy Mixed-Up Salt, Cavendar's Greek seasoning, grill seasonings, Italian seasoning, etc.)
- ✓ Dressings such as Newman's Own Balsamic Vinegar and Bolthouse Farms Greek Yogurt Dressing
- ✓ Healthy oil (canola oil, extra-virgin olive oil, canola oil cooking spray)
- ✓ Nuts and nut butter such as peanut butter or almond butter

