

# LIVING WELL GROCERY LIST

## PRODUCE

- ☐ Fruit
- ☐ Veggies



*Aim for one new fruit and one new vegetable (or ones you haven't had in a while) and go for color!*

## GRAINS, LEGUMES, & STARCHES

- ☐ Whole grain cereal/granola (with no more than 9 grams of added sugar per serving)
- ☐ Whole grain granola/cereal bars (with no more than 9 grams of added sugar per serving)
- ☐ Oats
- ☐ Whole wheat or bean/lentil based pasta
- ☐ Brown rice and/or quinoa
- ☐ Whole wheat bread, wraps, and/or English muffins
- ☐ Air-popped popcorn

## SHELF STABLE & CANNED GOODS

- ☐ No-salt-added tomato sauce
- ☐ Low-sodium vegetable and/or chicken broth
- ☐ No-salt-added beans or lentils
- ☐ No-salt-added veggies
- ☐ Chunk light or Albacore tuna or salmon
- ☐ Soup (with no more than 500mg sodium per serving)
- ☐ Peanut, almond, soy nut, or sunflower seed butter

## OILS, VINEGARS, & CONDIMENTS

- ☐ Extra-virgin olive oil and canola oil
- ☐ Vinegar such as balsamic, rice, and/or red or white wine
- ☐ Olive oil based salad dressing
- ☐ Salsa
- ☐ Mustard
- ☐ Ketchup
- ☐ Reduced sugar BBQ sauce
- ☐ Reduced sodium soy and/or Worcestershire sauce
- ☐ Hot sauce such as Tabasco or Frank's

## SEASONINGS

- ☐ Sea salt
- ☐ Black pepper
- ☐ Jar of minced garlic
- ☐ Garlic powder
- ☐ Italian seasoning blend
- ☐ Reduced sodium taco seasoning
- ☐ Cinnamon
- ☐ Pumpkin pie or apple pie spice
- ☐ Mrs. Dash seasoning blends

## DAIRY

- ☐ 1% milk or non-dairy milk
- ☐ Low-fat or nonfat 'light' yogurt
- ☐ Greek yogurt, hummus, and/or guacamole based dips
- ☐ Light spread such as Earth Balance or Benecol
- ☐ Eggs
- ☐ Cheese slices and/or shreds

## MEATS

- ☐ Boneless, skinless chicken breast
- ☐ Salmon
- ☐ Filet, hanger, flank, sirloin, or 93% lean ground beef
- ☐ Ground chicken or turkey
- ☐ Turkey bacon
- ☐ Pork tenderloin
- ☐ Reduced sodium lunch meat

## FROZEN FOODS

- ☐ No-salt-added veggies
- ☐ No-sugar-added fruit
- ☐ Healthy meals (with no more than 650 mg sodium per serving)
- ☐ Pre-portioned or lighter dessert items