

# The Ultimate Shopping List

## VEGETABLES

- Red peppers
- Cucumbers
- Tomatoes
- Baby carrots
- Shredded carrots
- Celery
- Romaine lettuce
- Red onions

## FRESH FRUITS

- Tangerines
- Oranges
- Apples
- Grapes
- Kiwi
- Berries (if in season, frozen if not)
- Peaches

## FROZEN FOODS

- Small peas
- Corn
- Grilled chicken strips
- Frozen berries (if not available as fresh)
- Edamame
- Mini bagels (try to get whole wheat or whole grain)

## CANNED FRUIT/VEGETABLES

- Unsweetened apple or raspberry sauce in a cup
- Water chestnuts
- Chickpeas

## CANNED/JARRED FOODS

- Tuna fish (chunk light) in water
- Black bean (or other) bean spread
- Salsa
- Pasta sauce

## CEREALS

- Granola bars (make sure you choose ones that are low fat, low sugar and high in fiber)
- Oat cereal, whole grain
- Low-fat granola
- Flax seed meal (this needs to be refrigerated once you get home)
- Wheat germ

## COOKIES/CRACKERS

- Pretzels
- Low-fat fruit bar cookies
- Fig bar cookies
- Honey graham crackers
- Whole wheat crackers
- Bear-shaped graham cracker snacks, any flavor
- Gingersnaps
- Vanilla wafers

## CONDIMENTS/SALAD DRESSINGS/SPICES

- Olive oil
- Low-fat red wine vinaigrette
- Low-fat Caesar dressing
- Barbecue sauce
- Satay sauce (peanut sauce may be found in Asian ethnic food aisle)
- Low-fat mayonnaise
- Coarse salt
- Garlic powder
- Oregano

## PASTAS \*

- Whole wheat pasta spirals (fusilli)
- Whole wheat rigatoni
- \* Make sure the word "whole" is in the top three ingredients ("whole wheat," "whole grain"). If your children balk at eating whole wheat pasta, do a 50/50 mix with regular Semolina.

## BREADS \*

- Whole wheat/whole grain bread (make sure first ingredient is "whole" and has at least 3 grams of fiber per serving)
- Croutons
- Pita bread, whole wheat if possible
- Whole wheat or whole grain crusty roll

\* Store bread in the freezer until needed

## JAMS/NUT SPREADS

- Peanut butter (try to buy natural peanut butter or one with no added oils)
- Almond butter
- Jam (raspberry, strawberry, blueberry, blackberry, apricot... whichever your family likes, just make sure there are no artificial sweeteners added)

## DAIRY/REFRIGERATED GOODS

- Individual string cheese
- Low-fat mozzarella
- Cheddar cheese
- Parmesan cheese
- Low-fat vanilla yogurt
- Low-fat plain yogurt, Greek style if available
- Low-fat or skim milk
- Whole wheat tortilla
- Feta cheese
- Hummus
- Pesto sauce

## DELI CASE

- Oven-roasted turkey

## NUTS/DRIED FRUIT

- Raisins
- Dried cranberries
- Unsalted peanuts or almonds

## BAKING AISLE

- Chocolate chips
- Cocoa powder (sweetened, for chocolate milk)
- Pure vanilla extract

## SNACKS FOODS

- Low-fat tortilla chips
- Low-fat popcorn or popcorn kernels you can pop yourself

## BEVERAGES

- Water bottles, nothing added
- Sparkling water
- No-calorie flavored seltzer
- 100 percent fruit juices
- Buy a thermos to put ice water in for packed lunches or snacks