

General Guidelines

- Shop from a list to avoid impulse purchases
- Write your shopping list based on your meal plan for the week
- Shop after eating, instead of when you're hungry or tempted to buy extra food
- Select most foods from the perimeter (outer aisles) of the store
- Read food labels to make healthy choices

Food Group	Choose	Limit
Grains Breads Cereals Other grains (rice, pasta, etc.)	<ul style="list-style-type: none"> • Breads: look for whole wheat products with > 3 grams of fiber per serving; the first ingredient should say "whole" • Cereals: look for whole grain products with > 3 grams of fiber and < 8 grams of added sugar per serving. • Other Grains: whole wheat pasta, brown rice, wild rice, barley, bulgur, whole wheat couscous, quinoa 	<ul style="list-style-type: none"> • Breads: refined white bread products, donuts, muffins, croissants, pastries, etc. • Cereals: refined cereals with > 8 grams of added sugar • Grains: refined white grain products: pasta, rice or other grains prepared with sauces/butter (high in sodium and fat)
Starchy Vegetables	Sweet potatoes, yams, winter squashes, peas, lima beans	French fries, potato chips
Fruits & Vegetables	<ul style="list-style-type: none"> • Fresh or frozen fruits and vegetables • Unsweetened dried fruit • Fruit cups packed in water or 100% fruit juice 	<ul style="list-style-type: none"> • Frozen fruit with added sugar • Frozen vegetables prepared with butter, cheese, or cream sauces • Dried fruit with added sugar (Craisins/raisins) • Canned fruit in heavy syrup
Milk and Yogurt	<ul style="list-style-type: none"> • Milk • Yogurt: plain or unsweetened yogurt • Cheese: low sodium 	<ul style="list-style-type: none"> • Chocolate milk, cream, half and half • Yogurt: sweetened yogurt or yogurt with fruit on the bottom, with added candies • Cheese: processed cheese product (Cheez Wiz, Kraft singles)
Meat, Poultry, Seafood and other protein foods	<ul style="list-style-type: none"> • Meats: eye round, top round, bottom round, sirloin, pork tenderloin • Ground meat: 90 to 93% lean ground beef/turkey • Poultry: skinless chicken or turkey breast • Fish and Shellfish: salmon, halibut, Mahi Mahi • Meat substitutes: all-natural peanut butter, hummus, tofu, tempeh, edamame 	<ul style="list-style-type: none"> • Meats: prime-grade fatty cuts of meats, spare ribs, sausage, hot dogs, lunch meats like salami or bologna • Poultry: fried/breaded chickens, goose, or duck • Seafood: fried/breaded seafood or fish
Fats & Oils	<ul style="list-style-type: none"> • Oils: Olive, peanut, corn, sunflower, safflower, sesame • Butter/Margarine: trans-fat free margarine tub or butter • Others: reduced-fat sour cream and cream cheese, oil-based salad dressings, avocados, and olives 	<ul style="list-style-type: none"> • Stick margarine, shortening, lard, cream cheese, sour cream, and regular creamy dressings
Snack foods	<ul style="list-style-type: none"> • Whole grain crackers, air-popped popcorn, unsalted or lightly salted nuts, whole grain granola bars 	<ul style="list-style-type: none"> • Refined, processed grains, cakes, cookies, ice cream, etc.
Beverages	<ul style="list-style-type: none"> • Water, seltzer water, flavored and unsweetened sparkling water, unsweetened tea, and black coffee 	<ul style="list-style-type: none"> • Sweetened soft drinks, fruit drink, punch, energy drinks or sports drinks