

# Grocery list for healthy eating

## Dry foods –canned and jarred

### Beans (1/2 cup = 1 serving)

black –canned or dried  
cannellini- canned or dried  
Also, kidney, black eyed peas  
lentils –dried  
Barley

### Vegetables (1/2 cup = 1 serving)

tomatoes (crushed or whole)  
Corn  
Peas

### Canned fruit in juice/water (1/2 cup= 1 serving)

Apricots  
Peaches  
Pineapple  
Tropical mix

Extra virgin olive oil  
Soup bouillon (cubes or powder)

### High fiber cereal

All bran, Fiber 1, Bran Buds  
Cold cereal  
Pasta -preferably whole wheat  
Pasta - preferably brown  
Bread –preferably whole grain  
(including pita, rolls, etc)

Tuna –packed in water

## Fresh Items

Eggs –check for freshness date

vegetables: (seasonal) 1/2 cup = 1 serving  
Onions (red taste better cooked in olive oil)  
Potatoes, red, white, Yukon gold, baking  
Carrots  
pepper : green, red  
garlic cloves  
Baby spinach  
mushrooms

### Fruit (1 piece = 2 servings)

Whatever is seasonal  
Bananas

### Frozen vegetables: 1/2 cup = 1 serving

Broccoli  
Spinach  
Kale

Walnuts  
Almonds  
Raisins  
Other dried fruit

### Optional

Olives  
roasted red peppers  
cheese (shredded, for grating, snacks)  
yogurt –preferably non-fat, unsweetened  
Whole wheat crackers