

SHOPPING LIST

Milk and Milk Products

(Low- fat or fat-free)

- Milk
- Yogurt
- Cheddar cheese
- Cottage cheese
- Cream cheese
- American cheese
- Ricotta cheese
- String cheese

Grains

- Oatmeal
- Brown rice
- English muffins (enriched)
- Popcorn (no added fat or salt)
- Whole grain bread
- Whole grain pasta
- Whole wheat pita
- Whole grain cereals (ready-to-eat)

Vegetables

(Choose more often without sauces)

- Carrots
- Beans
- Broccoli
- Celery
- Cucumber
- Corn
- Lettuce
- Onions
- Peppers
- Potatoes
- Tomatoes

Fruit

(Fresh or packed in 100% juice)

- Apples
- Bananas
- Grapes
- Mangoes
- Melons
- Papayas
- Pears
- Pineapples
- Strawberries
- Oranges

Protein

- Beef (lean)
- Pork (lean chops or loin)
- Chicken (whole, parts or ground)
- Turkey (lean whole, parts or ground)
- Turkey or soy hot dogs
- Fish
- Veggie burgers
- Eggs
- Tofu

Other

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