

# 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 gluten-free pasta
- Brown rice and/or quinoa
- Whole-wheat or gluten-free 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, or soy nut 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

