

# LIVE WELL!

## NUTRIENT RICH SHOPPING LIST

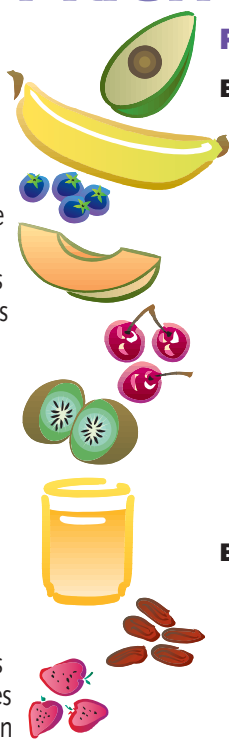
### Grains

- Bagels
- Brown rice
- Bulgur/Cracked wheat
- Corn flakes
- Couscous
- Enriched white bread
- Flour tortillas
- Oatmeal
- Pasta noodles
- Popcorn
- Pretzels
- Wheat cereal
- White rice
- Whole-grain barley
- Whole-wheat bread
- Whole-wheat crackers
- Whole-wheat cereal
- Whole-wheat sandwich buns and rolls
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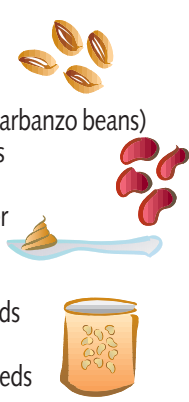
### Fruits

- Avocados
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dried plums
- Figs
- Grapes
- Grapefruit
- Kiwifruit
- Mangoes
- Oranges
- Peaches
- Pineapples
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon
- 100% fruit juice
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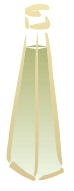
### Protein Foods

- Beans and Seeds**
- Almonds
- Black beans
- Chickpeas (garbanzo beans)
- Kidney beans
- Lentils
- Peanut butter
- Peanuts
- Pinto beans
- Pumpkin seeds
- Soy beans
- Sunflower seeds
- Tofu
- Walnuts



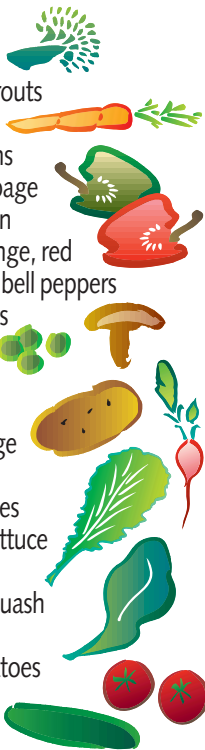
### Oils

- Avocado oil
- Canola oil
- Olive oil
- Safflower oil
- Soybean oil
- Sunflower oil
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- \_\_\_\_\_
- \_\_\_\_\_
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### Vegetables

- Arugula
- Broccoli
- Brussels sprouts
- Carrots
- Green beans
- Green cabbage
- Green onion
- Green, orange, red and yellow bell peppers
- Mushrooms
- Peas
- Potatoes
- Radishes
- Red cabbage
- Red onions
- Red potatoes
- Romaine lettuce
- Spinach
- Summer squash
- Sweet corn
- Sweet potatoes
- Tomatoes
- Zucchini
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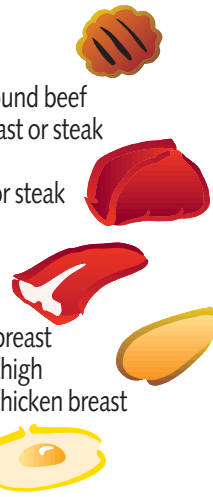
### Dairy

- Fat-free or lowfat cheese**
- American
- Cheddar
- Cottage Cheese
- Mozzarella
- Parmesan
- Ricotta
- Swiss
- Fat-free or lowfat milk
- Fat-free or lowfat yogurt
- Lactose free milk
- Lactose reduced milk
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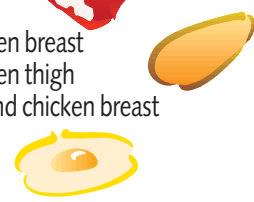
### Beef

- 90-95% lean ground beef
- Bottom round roast or steak
- Brisket, flat half
- Eye round roast or steak
- T-Bone steak
- Top sirloin steak



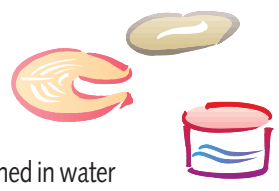
### Chicken

- Skinless chicken breast
- Skinless chicken thigh
- Skinless ground chicken breast
- Eggs



### Fish and Shellfish

- Cod
- Flounder
- Halibut
- Mussels
- Salmon
- Shrimp
- Tilapia
- Tuna, canned in water



### Pork

- Tenderloin
- Boneless loin roast
- Boneless loin chops

### Turkey

- Skinless ground turkey breast
- Skinless turkey breast
- Skinless turkey thigh

### Lamb

- Leg
- Shank
- Loin

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- \_\_\_\_\_
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