

Grocery Shopping List

BREADS, CEREALS, RICE, GRAINS (starches)	CANNED GOODS
○ 100% WHOLE WHEAT/GRAIN BREAD	○ FRUIT in juice, light or extra light syrup, or no sugar added (mandarin oranges, pineapple, cocktail, etc)
○ 40 CALORIE BREAD (2 slices = 1 choice)	○ VEGETABLES (low sodium/salt) (green beans, carrots, beets, etc)
○ BUNS (hamburger or hotdog)	○ VEGETABLE JUICE (low sodium/salt)
○ ENGLISH MUFFINS	○ MUSHROOMS
○ OATMEAL (regular or instant, unsweetened)	○ TOMATOES
○ CEREAL (hot, unsweetened)	○ BEANS (kidney, northern, etc)
○ CEREAL (cold, unsweetened)	○ SOUPS (broth based)
○ CHIPS baked, low-fat	○ CREAM SOUPS (low-fat)
○ CRACKERS, saltine or graham	○ TUNA in water
○ CRACKERS, snack (low-fat, baked)	○ PEANUT BUTTER
○ GRANOLA BARS (low carb varieties)	○ SALSA
○ POPCORN (individual size, low-fat, microwave style)	○ PASTA SAUCE
○ PASTA spaghetti, macaroni-whole wheat	○ PICKLES (non-sweet)
○ RICE (brown, wild, white)	○ SALMON (canned or packets)
○ TORTILLAS 6 inch size	
○ GROUND FLAX SEED	FROZEN FOODS
	○ VEGETABLE BLENDS
	○ TV DINNERS (low-calorie, low-fat)
SPECIAL PRODUCTS	○ ENTREES (low-calorie, low-fat)
○ ARTIFICIAL SWEETENERS (Splenda®, Equal® etc.)	○ PIZZA (thin crust)
○ SUGAR-FREE GELATIN (Jell-O®, etc)	○ PANCAKES or WAFFLES
○ SUGAR-FREE PUDDING (check carb count)	○ ARTIFICIALLY SWEETENED DESSERTS
○ SUGAR-FREE SYRUP	○ ICE CREAM (light, low-fat)
○ DIET SODA	○ LIGHT WHIPPED TOPPING
○ JELLY (sugar-free)	
○ DRINK MIXES (sugar-free, powdered)	SICK DAY ITEMS
○ JAM (sugar-free, or low-sugar)	○ GRAHAM CRACKERS
	○ SHERBET
	○ POPSICLES (regular, singles)
MISCELLANEOUS FOOD ITEMS	○ POP (regular)
○ CATSUP or MUSTARD	○ PUDDING (regular)
○ SALAD DRESSING (low-fat) ranch, Italian, etc	○ GELATIN (regular)
○ NONSTICK COOKING SPRAY	○ APPLESAUCE
○ CANOLA OIL or OLIVE OIL	
○ VINEGAR or LEMON JUICE	○ GATORADE®
○ MAYONNAISE- low-fat or fat-free	○ CEREAL (hot, unsweetened)
○ SPICES AND HERBS	

