



*Heart Health  
Month*

## *Grocery List*

### **Fruits and Vegetables**

- Fresh vegetables like tomatoes, cabbage, okra, edamame, and carrots
- Leafy greens like romaine, spinach, bok choy, and kale
- Canned vegetables that are low in sodium
- Frozen vegetables without added butter or sauces
- Fresh fruits like apples, oranges, bananas, mangoes, guava, papaya, and avocados

### **Healthy Fats and Oils**

- Healthy oils (olive oil, avocado oil, sunflower oil, sesame oil, or flaxseed oil) instead of butter
- Mayo in moderation, or try substituting with mashed avocado or hummus to increase healthy fats
- Oil-based dressings like balsamic vinaigrette or Italian instead of creamy dressings like ranch
- Nuts and nut butter

### **Whole Grains**

For products with more than 1 ingredient, make sure whole wheat or another whole grain is listed first in the ingredient list. Look for products that say 100% whole grain.

- Whole-grain bread, bagels, English muffins, and tortillas
- Whole-grain hot or cold breakfast cereals with no added sugar, like oatmeal or shredded wheat
- Whole grains like brown or wild rice, quinoa, or oats
- Whole-wheat or whole-grain pasta and couscous

### **Proteins**

- Seafood - fish and shellfish
- Poultry - chicken or turkey breast without skin or lean ground chickewn or turkey (at least 93% lean)
- Lean meats - pork shoulder, beef sirloin, or lean ground beef (at least 93% lean)
- Beans, peas, and lentils
- Eggs
- Unsalted nuts, seeds, and nut butters
- Tofu

### **Dairy**

Choose low-fat options of these foods, or choose the full-fat version and enjoy in moderation.

- Milk
- Yogurt
- Cheese and Cottage Cheese
- Fortified soy beverages (soy milk) or soy yogurt