



# What To Eat: Shopping List

**A well-stocked kitchen makes meal planning easier. Even more, these are the foods that help you LiveBest.**

**Before you go to the grocery store:**



**Eat first**

Shopping on an empty stomach tempts you to over-buy less nutritious foods that impact your food choices later in the week.



**Make a list**

Keeping a running grocery list saves you time and money. Use this list to get started and to remind yourself of staples.



**Demand more from your food**

Ask, "what will this do for me?"

## dairy

milk  
yogurt, plain  
cottage cheese  
Ricotta cheese  
cheese: Parmesan,  
mozzarella, sharp  
cheddar cheese, string or  
preportioned rounds  
butter

## protein/beans

eggs  
chicken breasts and skinless  
thighs  
fish: frozen or fresh filets  
canned fish: tuna, salmon,  
sardines, anchovies  
beef: leaner cuts are eye  
round, sirloin tip, top

round, bottom round, top  
sirloin, 95% lean ground,  
round tip, flank steak, tri-  
tip, tenderloin

hummus  
unsalted nuts and seeds:  
peanuts, almonds,  
walnuts, pistachios,  
pecans, sesame seeds  
canned beans: black, pinto,  
cannellini, kidney,  
garbanzo and refried (not  
cooked in lard)  
dried lentils, black beans,  
red kidney, split yellow  
peas  
natural peanut butter or  
other nut butter (without  
added sugar or oil)

## grains, cereal & bread

*Choose breads and cereals  
with 3-5 grams of fiber per  
serving.*

whole-grain cereals:  
"whole" or "rolled" no  
more than 8 grams sugar  
and at least 3-6 grams  
protein  
100% whole-grain or 100%  
whole-wheat bread  
whole-grain tortillas  
whole-grain crackers  
whole-grain pasta  
frozen whole-grain waffles  
barley  
bulgur

oatmeal, steel-cut or regular  
quinoa  
rice: brown, long-grain  
flour: all purpose,  
whole-wheat, white  
whole-wheat  
cornmeal, whole grain  
popcorn, pop your own  
(if microwaveable, choose  
94% fat-free and 40 mg or  
less sodium)



Making it simpler to live best because remember, you must be present to win!

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## produce

• Buy produce of the season. If you're in doubt, ask the produce manager.

• Frozen and canned save:  
• time and money  
• frozen retains nutrients over fresh that has been stored longer than five days

• Frozen fruit should be without added syrup or sugar.

• Frozen vegetables should be plain, not in sauce.

• Canned fruit should be packed in water or light syrup.

• Canned vegetables should be labeled 'reduced salt.'

• Dried fruit should be without sugar.

*Of course, you won't need to by all the foods on the list. Choose your favorites but switch it up a bit and explore some new ones. Do include dark green, red, orange and yellow every week!*

### FRUIT:

- apples
- apricots
- bananas
- blackberries
- blueberries
- cantaloupe
- cherries

- cranberries
- dates
- figs
- grapefruit: red, pink or white
- grapes
- raisins
- kiwi
- lemons
- limes
- oranges
- peaches
- pears
- pineapple
- plums
- prunes
- raspberries
- strawberries
- watermelon

### VEGETABLES:

- asparagus
- artichokes: whole and hearts
- avocado
- beets
- broccoli
- Brussels sprouts
- cabbage: red, green, Chinese
- carrots
- cauliflower
- celery
- chives
- edamame
- endive
- garlic
- kohlrabi
- leeks
- lettuce/salad greens: romaine, spinach, arugula, kale, leaf lettuce, radicchio, iceberg, chard,

- beet greens, chicory, collard greens, turnip greens, mustard greens, dandelion greens
- mushrooms
- onions: yellow, red, green
- peppers: red, green, orange, jalapeno, poblano, canned chipotle in adobo sauce
- potatoes: new, russet, other 'colored' potatoes
- pumpkin: fresh or canned
- radishes
- rutabaga
- shallots
- squash
- sweet potatoes
- tomatoes: cherry or grape, canned diced, whole, paste, sauce
- turnips
- watercress

## herbs & spices

- allspice, ground
- basil
- bay leaves
- cardamom, ground
- cayenne pepper
- chili powder
- cilantro
- cinnamon, ground
- cloves, ground
- coriander, ground
- cumin, ground
- curry powder
- ginger, ground or fresh
- mustard, dry
- nutmeg
- oregano
- paprika
- parsley, fresh or flakes

- pepper: black pepper, whole peppercorns, red pepper flakes
- rosemary
- thyme
- turmeric
- salt: sea and iodized

## extras: to add flavor, sweeten, thicken, or make interesting

- coffee
- tea
- unsweetened cocoa
- bittersweet baking chocolate and chocolate chips, 65% or more cacao
- honey
- brown sugar
- white sugar
- molasses
- coconut milk, canned and unsweetened
- baking soda
- baking powder
- reduced-sodium soy sauce
- red curry paste
- tahini
- yeast
- Worcestershire sauce
- salsa
- mayonnaise
- dijon mustard
- oils: extra virgin olive, canola, safflower, and non-fat cooking spray
- vinegars: red wine, apple cider, rice, balsamic
- low-sodium chicken, beef, or vegetable stock