



# 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 buy 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