Healthy Grocery Shopping List

Move Missoula
Eat Smart, Move More

Eat Smart Program
Missoula City-County
Health Department

301 W. Alder Street
Missoula, MT 59802

Kristin Rohfleisch, Coordinator
(406) 258-3827
rohfleischk@ho.missoula.mt.us

VEGETABLES (2.5 cups)*

Artichokes
Asparagus
Beets
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Edamame
Eggplant
Garlic
Green beans
Leaf Lettuce
Mushrooms
Peppers
Potatoes
Radish
Snow peas
Spinach
Squash
Tomatoes
Yams
Zucchini
_____
_____
_____

FRUITS (2 cups)

Apples
Apricots
Avocado
Black berries
Blueberries
Bananas
Cherries
Cranberries
Currants
Figs
Grapefruit
Grapes
Guava
Kiwi
Lemon/limes
Mangos
Melons
Oranges
Papayas
Peaches
Pears
Pineapples
Plums
Pomegranate
Raspberries
Strawberries
Tangerines
_____
_____

GRAINS (6 oz equivalent)

Bagels (whole grain)
Bread (whole grain)
Cereal (whole grain)
Couscous
Oatmeal
Oats
Pita (whole grain)
Pasta (whole grain)
Rice (brown or wild)
Tortilla (whole grain)

1 oz = 1 slice of bread, 1 cup cereal, 1/2 cup cooked rice, pasta, or cooked cereal.

DAIRY (3 cups)

Cheese (lf/nf)
Yogurt (lf/nf)
Milk (lf/nf)
Sour cream (lf/nf)
Soy milk
Cottage cheese (lf/nf)
_____
_____
_____
_____

Lf/nf = low fat or nonfat

MEAT & ALTERNATIVES (5.5 oz)

•Meat/Seafood	•Alternatives
Chicken (breast)	Almonds
Cod	Cashews
Deli turkey	Beans
Eggs	Lentils
Ground beef (extra lean)	Peanuts
Halibut	Peanut butter
Ham (lean)	Pecans
Pork chops (lean)	Soy beans
Salmon	Tofu
Shrimp	Walnuts
_____	_____
	_____
	_____

BEVERAGES (read labels for added sugars)

100% fruit juice
Milk (low fat or nonfat)
Bottled water
Tomato/vegetable juice (reduced sodium)

<u>Some</u> names for added sugars include brown sugar, high fructose corn syrup, fructose, honey, sucrose, malt syrup, lactose, corn sweetener, glucose, molasses, and maltose.

OILS (6 tsp)

Canola oil
Olive oil
Margarine (non-hydrogenated)
Safflower oil
Peanut oil

HEALTHY SNACKS (read labels for sodium content & added sugars)

Popcorn (0 trans fat)
Granola bars
Whole grain crackers
Reduced fat chips
Rice crackers
_____
_____
_____

OTHER

_____
_____
_____
_____
_____

*The noted amount of foods are based on the USDAôs MyPyramid (www.mypyramid.gov) recommendations for a daily intake of 2000 calories.
Source: Adapted from *Health Castle Nutrition Newsletter* (www.healthcastle.com).