

SHOPPING LIST



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Milk and Milk Products		Fruit		Milk and Milk Products		Fruit	
(Low- fat or fat-free)		(Fresh or packed in 100% juice)		(Low- fat or fat-free)		(Fresh or packed in 100% juice)	
☐ Milk	☐ Yogurt	☐ Apples	☐ Papayas	☐ Milk	☐ Yogurt	☐ Apples	☐ Papayas
☐ Cheddar cheese	☐ Cream cheese	☐ Bananas	☐ Pears	☐ Cheddar cheese	☐ Cream cheese	☐ Bananas	☐ Pears
☐ Cottage cheese	☐ Ricotta cheese	☐ Grapes	☐ Pineapples	☐ Cottage cheese	☐ Ricotta cheese	☐ Grapes	☐ Pineapple
☐ String cheese		☐ Mangoes	☐ Strawberries	☐ String cheese		☐ Mangoes	☐ Strawberr
American cheese		☐ Melons	☐ Oranges	☐ American cheese		☐ Melons	☐ Oranges
Grains		Protein		Grains		Protein	
☐ Oatmeal		☐ Beef (lean)		☐ Oatmeal ☐ Brown rice ☐ English muffins (enriched) ☐ Popcorn (no added fat or salt) ☐ Whole grain bread ☐ Whole grain pasta ☐ Whole wheat pita ☐ Whole grain cereals (ready-to-eat)		□ Beef (lean) □ Pork (lean chops or loin) □ Chicken (whole, parts or ground) □ Turkey (lean whole, parts or ground) □ Turkey or soy hot dogs □ Seafood □ Veggie burgers	
☐ Brown rice		Pork (lean chops or loin)					
☐ English muffins (enriched)		☐ Chicken (whole, parts or ground)					
Popcorn (no added fat or salt)		☐ Turkey (lean whole, parts or ground)					
☐ Whole grain bread		☐ Turkey or soy hot dogs					
☐ Whole grain pasta		☐ Seafood					
☐ Whole wheat pita		☐ Veggie burgers					
☐ Whole grain cereals (ready-to-eat)		☐ Eggs				☐ Eggs	
		☐ Tofu				☐ Tofu	
Vegetables		Beans		Vegetables		Beans	
(Choose more often without sauces)				(Choose more often without sauces)			
☐ Carrots	☐ Lettuce	Other		☐ Carrots	☐ Lettuce	Other	
☐ Beans	Onions			☐ Beans	☐ Onions		
☐ Broccoli	Peas			☐ Broccoli	☐ Peas		
☐ Celery	☐ Peppers			☐ Celery	☐ Peppers		
☐ Cucumber	☐ Potatoes			☐ Cucumber	☐ Potatoes		
☐ Corn	☐ Tomatoes			☐ Corn	☐ Tomatoes		

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☐ Pineapples ☐ Strawberries ☐ Oranges

September 2012