



Healthy Foods Shopping List

Grain Group

Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day. One ounce is about one slice of bread, about one cup of breakfast cereal or one-half cup of cooked rice, cereal or pasta.

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| <input type="checkbox"/> Whole-grain bread | <input type="checkbox"/> Whole-grain cereals | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> Whole-wheat flour | <input type="checkbox"/> Wild rice |
| <input type="checkbox"/> Oatmeal | <input type="checkbox"/> Oat bran | <input type="checkbox"/> Crackers |
| <input type="checkbox"/> Pasta | <input type="checkbox"/> Barley | <input type="checkbox"/> Corn meal |

Vegetable Group

Eat more dark green vegetables like broccoli and spinach. Eat more orange vegetables like carrots and sweet potatoes. Eat more dry beans like pinto beans, kidney beans and lentils.

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| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Sweet potatoes | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Collard greens | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Kale | <input type="checkbox"/> Dry beans |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Winter squash | <input type="checkbox"/> Cabbage |

Fruit Group

Eat a variety of fruit. Choose fresh fruit when possible. Limit fruit juices.

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| <input type="checkbox"/> Bananas | <input type="checkbox"/> Apples | <input type="checkbox"/> Mangoes |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Melons | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Grapefruits | <input type="checkbox"/> Pineapples | <input type="checkbox"/> Grapes |

Milk Group

Choose fat-free or low-fat milk, yogurt and other milk products. If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified soy milk.

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| <input type="checkbox"/> Skim or 1% milk | <input type="checkbox"/> Fortified soy milk |
| <input type="checkbox"/> Non-fat or low-fat yogurt | <input type="checkbox"/> Reduced-fat cheese |
| <input type="checkbox"/> Low-fat cottage cheese | |

Meat and Beans Group

Choose low-fat or lean meats and poultry. Remove the skin from poultry. Bake it, broil it or grill it. Vary your protein routine—choose more fish, beans, peas, nuts and seeds.

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| <input type="checkbox"/> Beef | <input type="checkbox"/> Almonds | <input type="checkbox"/> Peanut butter |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Fish | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Dry beans | <input type="checkbox"/> Eggs | <input type="checkbox"/> Tofu |

Fish, nuts and vegetable oils provide good sources of fat. Limit the solid fats in your diet, such as butter, stick margarine, shortening and lard. Keep saturated fats and sodium low, and try to avoid trans fats entirely. Choose foods and beverages low in added sugars. To find out the amounts of each food group that are right for you, visit MyPyramid.gov.

information adapted from MyPyramid.gov

**Steps to a Healthier Cleveland:
Helping Clevelanders live longer, better and healthier lives**