

H³ SHOPPING LIST

FRUITS & VEGETABLES

5–10 servings per day (*fresh, frozen, canned without salt or sugar*)

- | | |
|---|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Bananas |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Cantaloupe |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Beans (green) |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Seasonal fruits and vegetables | <input type="checkbox"/> Peppers (green, red) |
| <input type="checkbox"/> Lettuce (romaine or other dark, leafy variety) | |
| <input type="checkbox"/> Tomatoes | |

FISH, POULTRY, AND ALTERNATIVES

6-8 oz. per day

- Fish (Grouper, salmon, flounder, mahi mahi, orange roughie, tilapia, etc.)
- Tuna fish (water packed)
- Shellfish (shrimp, lobster, crabs, clams)
- Turkey (not self-basting, skinless ground)
- Chicken breast (skinless)
- Pork tenderloin
- Lean beef
- Soy burgers (Boca or garden)

- Eggs (no more than 2 egg yolks per week for those with elevated LDL cholesterol)

- Egg substitutes (egg beaters)

DAIRY

2-3 servings per day

- Cheeses (≤ 3 gm fat/oz)
- Cottage cheese (lowfat)
- Parmesan (grated)
- Skim milk
- Soy milk (low or nonfat calcium enriched)
- Yogurt (low or nonfat)

GRAINS, LEGUMES, STARCHY VEGETABLES

4-8 servings per day

- Bagels (whole wheat)
- Bran (wheat, oat)
- Bread (100% whole wheat, whole grain, multi-grain, rye-check sodium, oat, cracked wheat, reduced-calorie)
- Cereal (whole grain wheat, rice, corn or oatpuffed, flaked, shredded; 3 grams fiber per 100 calories and ≤ 3 grams fat; 1 gram of sugar to 1 gram of fiber)
- Tortillas (corn, whole wheat)
- Oatmeal (mixed grain)
- Pasta (whole wheat)
- Rice (brown, wild)
- Corn
- Beans (dried, black, lentils, lima, pinto, barley, kidney, soy, etc.)

