

## H<sup>3</sup> 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 ( $\leq 3$  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  $\leq 3$  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.)

