

HEALTHY SHOPPING LIST

The first step to cooking healthfully is to stock your kitchen with a variety of nutritious foods.

Use this chart to help plan your shopping trips. Fill in the blanks with foods you like to keep on hand as part of a nutritious diet. Keep a copy on your fridge to plan your grocery list, and make your shopping trips quick and easy!



VEGETABLES	FRUIT	WHOLE GRAINS
ANIMAL/NON-ANIMAL PROTEIN SOURCES	CONDIMENTS AND SPICES	NUTS AND SEEDS
DRIED GOODS	SWEETENERS AND SNACKS	BEVERAGES