

National Nutrition Month Grocery Guide

Produce Section

- Asparagus Spears
- Avocado
- Bell Pepper, Green
- Bell Pepper, Red
- Bell Pepper, Yellow
- Broccoli
- Broccoli Slaw (packaged)
- Cabbage
- Carrots
- Carrots, Baby
- Celery
- Coleslaw mix (packaged)
- Cucumber
- Garlic
- Ginger
- Green Beans
- Jalapenos
- Lettuce, Bibb
- Lettuce, Iceberg
- Lettuce, Leaf
- Lettuce, Romaine
- Lettuce, Salad (packaged)
- Mushrooms, Portabella
- Mushrooms, sliced

- Mushrooms, whole
- Onions, Red
- Onions, White
- Onions, Green
- Parsnips
- Potatoes, New
- Potatoes, Red
- Potatoes, Russet
- Potatoes, White
- Radishes
- Shallots
- Snow Peas
- Spinach Leaves, Baby
- Squash, Yellow
- Tomatoes
- Tomatoes, Grape
- Tomatoes, Roma
- Yams or Sweet Potatoes
- Zucchini
- _____
- _____
- _____

Fruit

- Apples
- Bananas
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes, green
- Grapes, Red
- Lemon
- Lime
- Mango
- Oranges
- Papaya
- Peaches
- Pears
- Raspberries
- Strawberries
- _____
- _____
- _____

Fresh Herbs

- Basil
- Chives
- Cilantro
- Dill
- Mint
- Oregano
- Parsley, Curly
- Parsley, Italian
- Rosemary
- Thyme
- _____
- _____
- _____

National Nutrition Month Grocery Guide

Deli Counter

- Ham, Lean
- Roast Beef, Lean
- Turkey Breast, Roasted
- _____
- _____
- _____

Bakery Area

- Bread, Italian
- Bread, Rye
- Bread, Whole Wheat
- Bread, Whole Grain
- Buns, Whole Wheat
- Buns, Whole Grain
- English Muffins, Whole Wheat
- Pita
- Pita, Whole Wheat
- Roll, Whole Grain
- Tortillas, Spinach (10")
- Tortillas, Corn
- Tortillas, Flour (6")
- Tortillas, Flour (8")
- Tortillas Whole Wheat (8")
- _____
- _____
- _____
- _____

Canned Foods

- Applesauce, Unsweetened
- Artichoke hearts, in water
- Beans, Black
- Beans, Cannellini
- Beans, Chili
- Beans, Kidney
- Beans, Pinto
- Beans, Refried, Fat Free
- Beef Consommé
- Broth, Beef Low sodium
- Broth, Chicken, Low sodium
- Broth, Vegetable
- Capers
- Cherry Peppers
- Chicken, White meat
- Chow Mien Noodles
- Corn
- Cranberry sauce, whole berry
- Cream of Mushroom Soup, low sodium
- Evaporated Milk, fat free
- Green Chiles, Diced

- Green Chiles, Whole
- Green Enchilada Sauce
- Hominy
- Mandarin Oranges
- Maraschino Cherries
- Marinara Pasta Sauce, Low fat
- Olives, Ripe
- Pasta Sauce, Low fat
- Pineapple, Tidbits
- Pineapple, Chunks
- Pineapple, Crushed
- Pizza Sauce, Low fat
- Pumpkin Puree
- Sauerkraut
- Tomato Juice
- Tomato Paste
- Tomato Sauce
- Tomatoes, Crushed
- Tomatoes, Diced
- Tomatoes, Pureed
- Tuna, Albacore water packed
- Water Chestnuts
- _____
- _____

National Nutrition Month

Grocery Guide

Packaged Foods

Grains

- Bulgur Wheat
- Couscous, Plain
- Oats, Old Fashioned
- Pearl Barley
- Rice, Brown
- Rice, Jasmine
- _____
- _____
- _____

Pasta

- Bow Tie
- Ditalini
- Egg Noodles, No Yolk
- Fettuccini
- Fettuccini, Spinach
- Penne, Whole Wheat
- Rigatoni, Whole Wheat
- Rotini
- Rotini, Tri Color
- Spaghetti
- _____
- _____
- _____

General

- Crackers
- Cream of Wheat
- Graham Crackers
- Instant Pudding Mix
- Cereal, Whole Grain
- Mushroom Gravy Mix

- Chicken Gravy Mix
- Vegetable Soup Mix
- Malted Milk
- Peanut Butter
- Raisins
- Ry Krisp
- Stuffing Mix
- Teriyaki Marinade
- Tortilla Chips, Baked

Baking Aisle

- Almonds, Sliced
- Baking Powder
- Baking Soda
- Breadcrumbs
- Brown Sugar Substitute
- Canola Oil
- Cocoa Powder, Unsweetened
- Cooking Spray
- Cornstarch
- Extract, Almond
- Extract, Coconut
- Extract, Vanilla
- Flour, All Purpose
- Flour, Oat
- Flour, Whole Wheat
- Olive Oil, Extra Virgin
- Pecans, Chopped
- Pine Nuts
- Sesame Oil, light
- Splenda
- Wheat Germ

Spices and Seasonings

- Allspice
- Basil, Dried
- Bay Leaves
- Black pepper
- Butter Buds
- Cajun Seasoning
- Chili Powder
- Cinnamon
- Coriander, Dried
- Cumin, Ground
- Curry
- Five Spice Powder
- Ginger, Ground
- Italian Seasoning
- Lemon-pepper Seasoning
- Mrs. Dash Original
- Nutmeg, Ground
- Oregano, Dried
- Paprika
- Poultry Seasoning
- Pumpkin Pie Spice
- Red Pepper Flakes
- Red Pepper, Ground (cayenne)
- Salt
- Sesame Seeds
- Spike Seasoning
- Taco Seasoning
- Thyme, Dried
- Turmeric
- Wasabi, Powdered
- White Pepper, Ground
- _____
- _____

National Nutrition Month Grocery Guide

Condiments

- Barbecue Sauce
- Chili Garlic Sauce
- Chili Sauce
- Hoisin Sauce
- Horseradish
- Hot Pepper Sauce
- Ketchup
- Maple Syrup, Sugar Free
- Mayonnaise, Fat Free
- Miracle Whip Free
- Mustard, Dijon
- Mustard, Spicy Brown
- Mustard, Yellow
- Relish, Dill
- Relish, Sweet Pickle
- Salad Dressing, Caesar, low fat
- Salad Dressing, Italian, fat free
- Salad Dressing, Ranch, low fat
- Salsa
- Soy Sauce, Light
- Teriyaki Marinade
- Vinegar, Balsamic
- Vinegar, Cider
- Vinegar, Rice
- Vinegar, White
- Worcestershire Sauce
- _____
- _____
- _____

Beverages

- Apple Juice, Unsweetened
- Bottled Water
- Coffee
- Diet Soda
- Sherry, dry
- Vermouth, dry
- Wine, Red
- Wine, White
- _____
- _____
- _____

Household

- Aluminum Foil
- Foil Muffin Liners
- Food Storage Containers
- Plastic Wrap
- Ziploc Bags, Gallon
- Ziploc Bags, Sandwich size

Dairy Case

- Buttermilk, low fat
- Egg Substitute
- Eggs
- Milk, Skim
- Sour Cream, Fat Free
- Soy Milk
- Yogurt, Assorted flavors, Fat Free
- Yogurt, Vanilla, Fat Free
- _____
- _____
- _____

Cheese

- Blue, Crumbled
- Cheddar, Reduced Fat
- Feta, Reduced Fat, Crumbled
- Monterey Jack, Reduced Fat
- Mozzarella, Reduced Fat, Shredded
- Parmesan, Fresh
- Parmesan, Reduced Fat, Grated
- Ricotta, Low Fat
- String
- Swiss, Reduced Fat, Sliced
- Cottage Cheese, Low Fat or Fat Free
- Cream Cheese, Reduced Fat
- _____
- _____
- _____

National Nutrition Month Grocery Guide

Meat and Seafood

Poultry

- Chicken Breast, Cooked
- Chicken Breast, boneless skinless
- Chicken Breast, Tenders
- Turkey Bacon, Lean
- Turkey Breast, Slices
- Turkey, Ground, Lean
- _____
- _____
- _____

Fish/Seafood

- Crab Meat, cooked
- Halibut, Filets
- Halibut, Steaks
- Lobster Meat, cooked
- Orange Roughy, Fillets
- Salmon, Fillets
- Shrimp, Cooked
- Shrimp, Raw
- Swordfish, Fillets
- Tuna Steak, Yellowfin
- _____
- _____
- _____

Meats

- Beef, Boneless Bottom Round Roast
- Beef, Filet Mignon
- Beef, Flank Steak
- Beef, Lean Ground
- Beef, Top Loin Steak
- Beef, Top Round Steak
- Beef, Top Sirloin
- Buffalo, Lean Ground
- Pork Chops, Lean
- Pork Tenderloin
- _____
- _____
- _____

Freezer Case

- Blackberries
- Blueberries
- Broccoli Florets
- Cherries
- Green Beans
- Frozen Juice Concentrate
- Mixed Vegetables
- Peas
- Potatoes, Diced
- Potatoes, O'Brien
- Raspberries
- Soybeans in Pod
- Strawberries
- _____
- _____
- _____