

Centrum® Healthy Grocery List

Following Canada's Food Guide to Healthy Living



FRUITS & VEGETABLES	MEAT & ALTERNATIVES	MILK & MILK PRODUCTS
<i>5 to 10 Servings per day</i>	<i>2 to 3 servings per day</i>	<i>2 to 4 servings per day</i>
Vegetables	Meat, Poultry & Alternatives	Dairy
<input type="checkbox"/> Artichokes <input type="checkbox"/> Asparagus <input type="checkbox"/> Beets <input type="checkbox"/> Bean Sprouts <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Cucumbers <input type="checkbox"/> Eggplant <input type="checkbox"/> Endives <input type="checkbox"/> Garlic <input type="checkbox"/> Green Beans <input type="checkbox"/> Other: _____	<input type="checkbox"/> Bacon <input type="checkbox"/> Chicken <input type="checkbox"/> Deli Meat <input type="checkbox"/> Eggs <input type="checkbox"/> Ground Beef <input type="checkbox"/> Ham <input type="checkbox"/> Lamb Chops <input type="checkbox"/> Liver <input type="checkbox"/> Other: _____	<input type="checkbox"/> Cheese <input type="checkbox"/> Cottage Cheese <input type="checkbox"/> Cream <input type="checkbox"/> Cream Cheese <input type="checkbox"/> Frozen Yogurt <input type="checkbox"/> Other: _____
<input type="checkbox"/> Green Onions <input type="checkbox"/> Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onions <input type="checkbox"/> Parsnips <input type="checkbox"/> Peppers <input type="checkbox"/> Potatoes <input type="checkbox"/> Parsley <input type="checkbox"/> Radish <input type="checkbox"/> Shallots <input type="checkbox"/> Snow peas <input type="checkbox"/> Spinach <input type="checkbox"/> Squash <input type="checkbox"/> Tomatoes <input type="checkbox"/> Zucchini	<input type="checkbox"/> Pork Chops <input type="checkbox"/> Pork Loin <input type="checkbox"/> Ribs <input type="checkbox"/> Roast Beef <input type="checkbox"/> Sausages <input type="checkbox"/> Steak <input type="checkbox"/> Turkey <input type="checkbox"/> Veal	<input type="checkbox"/> Ice Cream <input type="checkbox"/> Milk <input type="checkbox"/> Sour Cream <input type="checkbox"/> Soy <input type="checkbox"/> Yogurt
Fruit	Fish	OTHER FOOD PRODUCTS
<input type="checkbox"/> Apples <input type="checkbox"/> Apricots <input type="checkbox"/> Avocados <input type="checkbox"/> Blueberries <input type="checkbox"/> Bananas <input type="checkbox"/> Cherries <input type="checkbox"/> Grapefruits <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwi <input type="checkbox"/> Lemon /Limes <input type="checkbox"/> Mangos <input type="checkbox"/> Other: _____	<input type="checkbox"/> Clams <input type="checkbox"/> Herring <input type="checkbox"/> Oysters <input type="checkbox"/> Salmon <input type="checkbox"/> Other: _____	Condiments
<input type="checkbox"/> Melons <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Papayas <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Pineapples <input type="checkbox"/> Plums <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Tangerines	<input type="checkbox"/> Sardines <input type="checkbox"/> Scallops <input type="checkbox"/> Shrimp <input type="checkbox"/> Tuna	<input type="checkbox"/> BBQ Sauce <input type="checkbox"/> Ketchup <input type="checkbox"/> Mustard <input type="checkbox"/> Olives <input type="checkbox"/> Other: _____
BEVERAGES	Legumes & Nuts	Fats & Oils
<i>100% Juice</i>	<input type="checkbox"/> Beans <input type="checkbox"/> Lentils <input type="checkbox"/> Nuts <input type="checkbox"/> Other: _____	<input type="checkbox"/> Butter <input type="checkbox"/> Margarine <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Other: _____
<input type="checkbox"/> Apple <input type="checkbox"/> Cranberry <input type="checkbox"/> Grapefruit <input type="checkbox"/> Other: _____	<input type="checkbox"/> Peanut Butter <input type="checkbox"/> Peas <input type="checkbox"/> Tofu	<input type="checkbox"/> Olive Oil <input type="checkbox"/> Salad Dressing <input type="checkbox"/> Vegetable Oil
Vitamin & Mineral Supplements	GRAIN PRODUCTS	Healthy Snacks
<input type="checkbox"/> Centrum multivitamins <input type="checkbox"/> Caltrate calcium supplement	<i>5 to 12 servings per day</i>	<input type="checkbox"/> Crackers <input type="checkbox"/> Granola Bars <input type="checkbox"/> Popcorn <input type="checkbox"/> Other: _____
	Bread Products	Additional Items
	<input type="checkbox"/> Bagels <input type="checkbox"/> Bread <input type="checkbox"/> English Muffins <input type="checkbox"/> Other: _____	<input type="checkbox"/> Pretzels <input type="checkbox"/> Rice Cakes <input type="checkbox"/> Raisins
	Pasta, Rice & Other Grains	
	<input type="checkbox"/> Barley <input type="checkbox"/> Couscous <input type="checkbox"/> Other: _____	
	Cereals & Other Bread Products	
	<input type="checkbox"/> Breakfast Cereal <input type="checkbox"/> Cookies <input type="checkbox"/> Croutons <input type="checkbox"/> Other: _____	
	<input type="checkbox"/> Muffins <input type="checkbox"/> Oatmeal <input type="checkbox"/> Waffles	