

# HEART-HEALTHY GROCERY LIST

## BEST CHOICES

### FRUITS

All fresh & frozen  
Apple  
Apricot  
Avocado  
Banana  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Grapefruit (caution with some cholesterol- lowering meds)  
Grapes  
Honeydew  
Kiwi  
Nectarine  
Mango  
Orange  
Peach  
Pear  
Pineapple  
Plum  
Raspberries  
Strawberries  
Watermelon  
Dried fruit, no added sugar  
Canned fruit & applesauce, no added sugar  
100% fruit juice

### VEGETABLES

All fresh & frozen (without sauce)  
Artichokes  
Asparagus  
Bell peppers  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumbers  
Eggplant  
Green beans  
Jicama  
Leafy greens (caution if taking Coumadin/warfarin)  
Mushrooms  
Onions  
Peapods & sugar snap peas  
Radish  
Spaghetti squash  
Summer squash  
Tomato & cherry tomatoes  
Zucchini  
Tomato sauce (no salt added)

### GRAINS

**Select 100% whole wheat when possible**  
High-fiber breakfast cereal  
Oatmeal (in round canister)  
Oat bran  
Cream of Wheat  
Bagels  
Bagel/sandwich thins  
English Muffins  
Tortillas (high fiber)  
Bread, buns, & rolls  
Whole wheat Pitas  
Whole grain pasta  
Brown rice  
Quinoa  
Couscous  
Barley  
Grits  
Bulgur  
Wheat berries  
Millet  
Flaxseed, milled  
Potatoes (not instant)  
Corn  
Peas  
Air-popped popcorn  
Rice cakes  
Low sodium grain crackers  
No salt pretzels

### PROTEIN

>90% lean ground meat  
Loin cuts of beef & pork  
Chicken & turkey, skinless  
Cornish hens, skinless  
Rotisserie chicken, skinless  
Shellfish: shrimp, scallops  
Fatty fish: salmon, trout, albacore tuna, sardines  
Tilapia & cod  
Eggs  
Nuts & seeds (low/no salt)  
Soy nuts (low or no salt)  
Nut butters (Natural type)  
Seed butter  
Edamame  
Cooked dried beans: black, kidney, great northern, etc  
Lentils  
Hummus  
Tofu  
Tempeh  
Soy/veggie burger (low salt)

### DAIRY

Fat-free or 1% milk  
Fortified soy milk  
Light yogurt  
Lowfat yogurt  
Lowfat Greek yogurt  
Lowfat Kefir  
Cheeses: (reduced-fat & reduced sodium)  
**OILS:**  
Tub-margarine (no hydrogenated oils)  
Canola oil  
Olive oil  
Cooking spray  
Light mayonnaise  
Light salad dressing

### OTHER:

100% fruit jam/jelly  
No salt added ketchup  
Low sodium mustard  
Vinegar/ flavored vinegar  
Herbs & spices (no salt)  
No salt bullion cubes  
Unsalted stocks

### TREATS:

Cooked pudding  
Gelatin  
Popsicles & Low fat fudge bars  
Light ice cream  
Graham crackers  
Animal crackers, unfrosted  
Angel food cake  
70% dk chocolate (1oz/day)  
Alcohol (ask MD)



## CHOICES TO LIMIT

### FRUITS

Banana chips (fried)  
Trail mix (purchased)

### VEGETABLES

Veggies with cheese/ sauces  
Canned, full sodium veggies  
Sauerkraut  
High-sodium V8/tomato juice

### GRAINS

**Limit white, refined grains**  
Croissants, muffins  
Doughnuts & cinnamon rolls  
Biscuits, pastries  
Sugared cereals  
Creamy Potato/pasta salad  
Macaroni & cheese  
Boxed rice/ pasta mixes  
Potato chips  
Full-butter popcorn

### PROTEIN

70-85% lean ground meat  
Poultry with skin  
Pork ribs  
Ham  
Marbled steak/ beef  
Sausages: bratwurst, breakfast, Italian, & Polish  
Chicken & turkey sausages  
Hot dogs  
Lunchmeat  
Bacon  
Pizza  
TV dinners (unless low salt)

### DAIRY

Whole milk  
Full-fat cheese  
Powered coffee creamer

### EXTRAS:

Alfredo sauce  
Stick margarine, Crisco  
Cakes, cookies, pie & brownies (purchased)

-Choose grains where first ingredient listed is "whole grain \_\_\_\_"

-Choose grains with 3 grams of fiber or more per serving.

-Keep a running grocery list at home and stick to your list when shopping to decrease impulse purchases

-Select a variety of fruits and vegetables every time you shop