

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
PROTEIN SOURCES	CONDIMENTS AND SPICES	NUTS AND SEEDS
DRIED GOODS	SWEETENERS AND SNACKS	BEVERAGES