eat well live well
homemakers.com

Heart-healthy printable grocery list

Use this heart-healthy shopping list to help you remember which foods can cut your risk of heart disease (and which foods can increase your risk). Before you know it, you'll be spending a lot more time in the produce aisle and your heart will be thanking you for it.

Fruits and vegetables

- O Peaches
- O Nectarines
- O Blackberries
- O Blueberries
- O Broccoli
- O Brussels sprouts
- O Cauliflower
- O Red pepper
- O Spinach
- O Sweet potato
- O Swiss chard
- O Winter squash

Nuts

- O Almonds
- O Unsalted nut butter

Grains

- O Whole-grain bread
- O Oatmeal, large flake and steel-cut
- O Brown rice

Fish

- O Salmon
- O Sardines

Meat and alternatives

- O Tofu
- O Chicken breasts
- O Extra-lean ground turkey
- O Omega-3 enriched eggs

Dairy

- O Milk (skim or 1%)
- O Margarine (non-hydrogenated, made with canola oil or olive oil)
- O Unsweetened soy milk

Oils

- O Flaxseed oil
- O Extra-virgin olive oil
- O Canola oil

Beverages and desserts

- O Tea (green or black)
- O Pomegranate juice
- O Dark chocolate (at least 70% cocoa)

Foods to avoid

- O Ice cream
- O Soft drinks
- O Foods with partially hydrogenated vegetable oil (trans fats)
- O High-fat dairy products (butter, whole milk)
- O Processed meats (bologna, ham)