

Non-perishable Healthy Grocery Shopping List

Non-perishable foods are ones that can be stored safely at room temperature. Please use this shopping list to help guide your choices at the grocery store when stocking up your pantry. You don't have to get everything on the list, but just a few will help you eat healthier.

Grains

- | | |
|---|--|
| <input type="checkbox"/> Whole grain cereal | <input type="checkbox"/> Whole wheat pasta noodles |
| <input type="checkbox"/> Farina | <input type="checkbox"/> Spaghetti noodles |
| <input type="checkbox"/> Cream of Wheat | <input type="checkbox"/> 1 lb bag of rice (white or brown) |
| <input type="checkbox"/> Whole grain crackers | <input type="checkbox"/> Blue/Yellow Corn meal |
| <input type="checkbox"/> Oatmeal (instant, old-fashioned) | |

Vegetables (reduced sodium)

- | | |
|---|---|
| <input type="checkbox"/> Canned carrots | <input type="checkbox"/> Canned beets |
| <input type="checkbox"/> Canned green beans | <input type="checkbox"/> Canned corn |
| <input type="checkbox"/> Canned spinach | <input type="checkbox"/> Canned peas |
| <input type="checkbox"/> Canned tomatoes | <input type="checkbox"/> Canned pumpkin |

Fruits (packed in 100% juice)

- | | |
|--|--|
| <input type="checkbox"/> Canned peaches | <input type="checkbox"/> Canned peaches |
| <input type="checkbox"/> Canned fruit cocktail | <input type="checkbox"/> Canned pineapple |
| <input type="checkbox"/> Canned pineapple | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Canned pears | <input type="checkbox"/> Dried cranberries |
| <input type="checkbox"/> Applesauce | <input type="checkbox"/> Dried apricots |

Protein

- | | |
|--|---|
| <input type="checkbox"/> Peanut butter (natural, creamy, chunky) | <input type="checkbox"/> Tuna, packed in water |
| <input type="checkbox"/> Peanuts (unsalted) | <input type="checkbox"/> Sardines |
| <input type="checkbox"/> Sunflower seeds (unsalted) | <input type="checkbox"/> "Light" Spam |
| | <input type="checkbox"/> Dried beans (pinto or any other) |

Dairy

- | | |
|--|--|
| <input type="checkbox"/> Powdered milk | <input type="checkbox"/> Shelf-stable milk (non-fat) |
| <input type="checkbox"/> Evaporated milk | <input type="checkbox"/> Shelf-stable soy milk |

Condiments

- | | |
|--|---|
| <input type="checkbox"/> Crystal Light | <input type="checkbox"/> Canola oil |
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Vegetable oil |
| <input type="checkbox"/> Onion powder | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> Red chile powder | <input type="checkbox"/> Reduced sugar jam/jelly |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Vinaigrette salad dressing |
| <input type="checkbox"/> Mrs. Dash | <input type="checkbox"/> Italian salad dressing |
| <input type="checkbox"/> Light pancake syrup | <input type="checkbox"/> Herbal tea bags |

This list is brought to you by the Registered Dietitians at Fort Defiance Hospital.

For questions, call a Registered Dietitian at (928) 729-8461/8450



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