

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 soymilk
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