



# Healthy Eating Shopping List



## Grains

Choose mostly whole grain choices. These contain the word "whole" as the first ingredient. Ex: "whole wheat."

- Pasta (Whole Wheat)  \_\_\_\_\_
- Bread (Whole Grain)  \_\_\_\_\_
- Rice (Brown, Basmati)  \_\_\_\_\_
- Polenta  \_\_\_\_\_
- Steel Cut / Rolled Oats  \_\_\_\_\_
- Quinoa  \_\_\_\_\_
- Couscous  \_\_\_\_\_
- Bulgur  \_\_\_\_\_
- Pita (Whole Wheat)  \_\_\_\_\_
- Barley  \_\_\_\_\_

## Seafood

Salmon and other oily fish contain healthy Omega-3s. Choose wild caught.

- Salmon  \_\_\_\_\_
- Shrimp / Scallops  \_\_\_\_\_
- Cod  \_\_\_\_\_
- Clams  \_\_\_\_\_
- Halibut  \_\_\_\_\_
- Tuna  \_\_\_\_\_
- Crab  \_\_\_\_\_

## Healthy Oils/Fats

Store oils in a cool, dark place to make them last longer.

- Olive Oil (Extra-Virgin)  \_\_\_\_\_
- Avocado Oil  \_\_\_\_\_
- Flaxseed Oil  \_\_\_\_\_
- Grape seed Oil  \_\_\_\_\_

## Herbs and Spices

Fresh herbs and spices add flavor without adding fat or salt.

- Garlic  \_\_\_\_\_
- Basil  \_\_\_\_\_
- Cilantro  \_\_\_\_\_
- Parsley  \_\_\_\_\_
- Mint  \_\_\_\_\_
- Cumin  \_\_\_\_\_
- Oregano  \_\_\_\_\_

## Beans

Beans add fiber and protein to meals. Eat them in place of red meat at least once a week.

- Chickpeas (Garbanzo)  \_\_\_\_\_
- Hummus  \_\_\_\_\_
- White (Cannellini)  \_\_\_\_\_
- Black  \_\_\_\_\_
- Pinto  \_\_\_\_\_
- Lentils  \_\_\_\_\_

## Dairy/Eggs/Poultry

Dairy products are packed with calcium, vitamin D and protein. Choose low-fat dairy products.

- Low-fat Milk  \_\_\_\_\_
- Greek Yogurt  \_\_\_\_\_
- Cheese  \_\_\_\_\_
- Eggs  \_\_\_\_\_
- Chicken  \_\_\_\_\_
- Turkey  \_\_\_\_\_

## Nuts and Seeds

Both are a good source of protein, fiber, and healthy fats. Stick to a handful a day because they are high in calories.

- Walnuts  \_\_\_\_\_
- Almonds  \_\_\_\_\_
- Peanuts  \_\_\_\_\_
- Pine nuts  \_\_\_\_\_
- Cashews  \_\_\_\_\_
- Sunflower Seeds  \_\_\_\_\_
- Flax Seeds  \_\_\_\_\_

## Fruits

Fresh fruit is a refreshing addition to meals & snacks. Frozen fruit and canned varieties without added sugars are also good choices.

- Apples  \_\_\_\_\_
- Bananas  \_\_\_\_\_
- Grapes  \_\_\_\_\_
- Oranges  \_\_\_\_\_
- Cherries  \_\_\_\_\_
- Blueberries  \_\_\_\_\_
- Kiwis  \_\_\_\_\_
- Strawberries  \_\_\_\_\_
- Pomegranate  \_\_\_\_\_
- Plums  \_\_\_\_\_
- Peaches  \_\_\_\_\_
- Avocados  \_\_\_\_\_

## Vegetables

Fresh veggies are a great source of vitamins and fiber. Frozen veggies are also a good choice.

- Tomatoes (fresh, canned, and sauce)  \_\_\_\_\_
- Broccoli  \_\_\_\_\_
- Spinach  \_\_\_\_\_
- Carrots  \_\_\_\_\_
- Red / Green Peppers  \_\_\_\_\_
- Mushrooms  \_\_\_\_\_
- Green beans  \_\_\_\_\_
- Eggplant  \_\_\_\_\_
- Zucchini / Squash  \_\_\_\_\_
- Olives  \_\_\_\_\_
- Onions  \_\_\_\_\_
- Peas  \_\_\_\_\_

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