



# SHOPPING LIST

Brought to you by NABISCO: Be sure to cover all the food groups and choose from a variety of whole grain options.

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**FRUITS:** Raw, cooked, fresh, frozen, canned (in water or 100% fruit juice) or dried, and 100% fruit juice.

- Raw (apples, bananas, pears, grapes)
- Canned (applesauce, peaches, fruit cocktail)
- Dried (raisins, prunes, apricots)
- Frozen (any variety)

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**VEGETABLES:** Raw, cooked, fresh, frozen, canned, or dried, and 100% vegetable juice (low sodium or no salt added).

- Dark green vegetables (broccoli, spinach)
- Red and orange vegetables (carrots, tomatoes)
- Beans and peas (dry beans, peas)
- Other vegetables (cucumber, onions, avocados)

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**GRAINS:** Includes any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. Nutrition experts recommend at least 48g of whole grains throughout the day. (\* below = Whole Grain options)

- In the bakery section (whole wheat bread\*, whole wheat English muffins\*, whole wheat tortilla\*, cornbread)
- In the cookie and cracker aisle (TRISCUIT crackers\*, WHEAT THINS snacks\*, HONEY MAID Graham crackers\*, NEWTONS fruit chewy cookies\*, beVita Breakfast Biscuits\*, cookies)
- In other center aisles (whole wheat pasta\*, oatmeal\*, popcorn\*, brown rice\*, whole wheat flakes cereal\*, buttermilk pancake mix, pretzels, chips)

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**DAIRY:** Look for fat free or low fat dairy.

- Milk (cow, soy, rice)
- Yogurt (plain, Greek, frozen)
- Cheese (Cheddar, Swiss, cottage)

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**PROTEIN FOODS:** Select leaner cuts of meat.

- Meat and Poultry (beef, pork, chicken, turkey)
- Seafood (salmon, canned tuna)
- Eggs
- Nuts and seeds (peanut butter, unsalted nuts)
- Beans and peas (baked beans, lentils, hummus)
- Soy products (tofu, soy burgers)

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**OILS:** While oils are not a food group, they do provide essential nutrients. Choose oils that are high in monounsaturated or polyunsaturated fat and substitute oils for solid fats.

- Vegetable (olive, canola, corn)

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**OTHER:** Miscellaneous items to add to your cart (e.g., beverages, herbs, spices)

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