Heart Healthy Grocery Shopping

Tips for Healthier Choices and Smarter Shopping

Healthier Choices

- Include a wide and colorful variety of fruits and vegetables
- Choose whole grain and high fiber foods
- Limit added sugars
- Select lean meats (at least 90% lean)
- Choose low-fat or fat-free dairy products
- Limit sodium intake to 2000 mg per day

Smarter Shopping

- Take inventory at home before heading to the grocery store
- Make your grocery list before shopping
- Try to do most of your shopping in perimeter of the grocery store
- Buy only what is on your list
- Review food labels as you shop
- Do not go into the grocery store hungry

Food Groups	Try These	Choose These Less Often
Bread, Grains & Cereals	• 100% whole wheat grain products (bread, tortillas, English muffins, pasta, bagels) • High fiber, low sugar cereals (at least 5g of fiber, less than 8g of sugar) • Unprocessed oatmeal or steel-cut oats • Brown or wild rice • Barley • Rye • Popcorn (without added salt)	• Crackers or chips • Egg noodles • Rolls • Doughnuts • Pastries • Commercial muffins • Sugary cereals • Croissants • Biscuits • Macaroni and cheese

	• Couscous • Quinoa	
Dairy Products	• Greek yogurt • Low-fat Greek yogurt • Low-fat milk • Low-fat cottage cheese • Low sodium cheese • Almond milk (low in protein) • Soy milk • Lactose-free milk • Low-fat kefir	• Coffee creamer • Chocolate milk • Half-and-half • Cream cheese • Processed cheese • American cheese slices
Meat/Protein	• Lean beef or pork • Chicken or turkey breast • Low sodium ham • Fresh, frozen or canned fish (non-breaded, canned in water) • Eggs • Beans/legumes (no salt added) • Lentils • Edamame • Tofu • Nuts and nut butters • Flax seed • Chia seed	• Fattier cuts of beef or pork • Bacon/sausage • Processed meats • Breaded meats/seafood • Hot dogs/bratwursts • Salami/pepperoni • Deli meats • Ham • Baked beans • TV dinners
Fruits	• Fresh fruits • Frozen, unsweetened fruits • Canned fruit (no added sugar, canned in water or 100% fruit juice) *Caution with grapefruit as it can interact with some medications	• Canned fruit in heavy syrup • Fruit juices • Jellies or jams • Coconut • Dried fruits

Vegetables	• Fresh vegetables • Frozen vegetables • Canned vegetables (no salt added) • Low-sodium tomato juice	• Vegetables prepared with cream or high-fat cheese • Regular tomato juice • Fried vegetables/potatoes

Swap This for That:

Pasta	Spaghetti squash or zucchini noodles
Fruit juice	Water with fruit
Soda	Flavored sparkling water
Ground beef	Ground turkey
Deli ham	Deli turkey or low sodium ham
Milkshake	Smoothie (see below)
Potato chips	Popcorn
Mashed potatoes	Mashed cauliflower
Bacon	Turkey bacon
American Cheese	Swiss cheese
Flour tortillas	Corn or 100% whole-wheat tortillas
Sour Cream	Plain non-fat Greek yogurt
Butter in baking	Unsweetened applesauce
Butter in stovetop cooking	Extra-virgin olive oil or spray
Ranch Dressing	Homemade salad dressing (see below)
Salt	Mrs. Dash seasoning
White rice	Riced broccoli or cauliflower
All-purpose flour	100% whole-wheat flour

Greek Yogurt Ranch Dressing

¾ cup plain Greek yogurt
1 tsp garlic powder
2 tsp onion powder
1 tsp salt
¼ tsp black pepper
2 tsp Dijon mustard

Directions: Mix all ingredients in a bowl.

Spinach and Banana Smoothie

1 cup low-fat milk of choice
1 frozen banana
¾ cup fresh spinach

Directions: Blend all ingredients together in blender.

Banana “Nice” Cream

Step 1: Slice and freeze ripe bananas.
Step 2: Once frozen, place bananas in food processor. If not available, a blender with ¼ cup milk works too.
Step 3: Blend in your favorite ingredients. Try with frozen fruit, peanut butter, or mini dark chocolate chips