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
- Organize your grocery list into categories like produce or frozen foods
- Try to do most of your shopping in perimeter of the grocery store
- Buy only what is on your list
- Do not go into the grocery store hungry
<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Try These</th>
<th>Choose These Less Often</th>
</tr>
</thead>
</table>
| **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)  
                          • Couscous  
                          • Quinoa                                                                 | • Crackers or chips  
                          • Egg noodles  
                          • Rolls  
                          • Doughnuts  
                          • Pastries  
                          • Commercial muffins  
                          • Sugary cereals  
                          • more than 8g of sugar  
                          • Croissants  
                          • Biscuits  
                          • Macaroni and cheese  
                          • Boxed rice/pasta mixes |
| **Dairy Products**   | • Low sugar yogurt  
                          • Low-fat Greek yogurt  
                          • Low-fat milk  
                          • Low-fat cottage cheese  
                          • Cheese (Check the nutrition label and choose an option with lower sodium)  
                          • 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  
                          • Bison and wild game                                                                 | • Fattier cuts of beef or pork  
                          • Bacon/ sausage  
                          • Processed meats |
- 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

| 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

| Vegetables | • Fresh vegetables
            | • Frozen vegetables
            | • Canned vegetables (no salt added)
            | • Low-sodium tomato juice

| • Breaded meats/seafood
| • Hot dogs/bratwursts
| • Salami/pepperoni
| • Deli meats
| • Ham
| • Baked beans
| • TV dinners

### Swap This for That:

<table>
<thead>
<tr>
<th>Sour Cream</th>
<th>Plain non-fat Greek yogurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter in baking</td>
<td>Unsweetened applesauce</td>
</tr>
<tr>
<td>Butter in stovetop cooking</td>
<td>Extra-virgin olive oil or spray</td>
</tr>
<tr>
<td>Ranch Dressing</td>
<td>Homemade salad dressing (see below)</td>
</tr>
<tr>
<td>Salt</td>
<td>Potassium substitute</td>
</tr>
<tr>
<td>White rice</td>
<td>Riced broccoli or cauliflower</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>100% whole-wheat flour</td>
</tr>
<tr>
<td>Pasta</td>
<td>Spaghetti squash or zucchini noodles</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>-------------------------------------</td>
</tr>
<tr>
<td>Fruit juice</td>
<td>Water with fruit</td>
</tr>
<tr>
<td>Soda</td>
<td>Flavored sparkling water</td>
</tr>
<tr>
<td>Ground beef</td>
<td>Ground turkey</td>
</tr>
<tr>
<td>Popsicle</td>
<td>Frozen grapes</td>
</tr>
<tr>
<td>Milkshake</td>
<td>Smoothie (see below)</td>
</tr>
<tr>
<td>Potato chips</td>
<td>Popcorn</td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td>Mashed cauliflower</td>
</tr>
<tr>
<td>Bacon</td>
<td>Turkey bacon</td>
</tr>
<tr>
<td>Ice cream</td>
<td>“Nice” Cream (see below)</td>
</tr>
<tr>
<td>Flour tortillas</td>
<td>Corn or 100% whole-wheat tortillas</td>
</tr>
</tbody>
</table>

**Greek Yogurt Ranch Dressing**

\[
\frac{3}{4} \text{ cup plain Greek yogurt} \quad 1 \text{ tsp salt} \\
1 \text{ tsp garlic powder} \quad \frac{1}{4} \text{ tsp black pepper} \\
2 \text{ tsp onion powder} \quad 2 \text{ tsp Dijon mustard}
\]

Directions: Mix all ingredients in a bowl.

**Chocolate Peanut Better Smoothie**

\[
\frac{1}{4} \text{ cup low-fat milk of choice} \\
1 \text{ frozen banana} \\
1 \text{Tbsp creamy peanut butter} \\
1 \text{Tbsp cacao powder}
\]

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 \( \frac{1}{4} \text{ cup milk} \) works too.  
Step 3: Blend in your favorite ingredients. Try with frozen fruit, peanut butter, or mini dark chocolate chips