

Healthy Values Shopping List

DAIRY

- __ 4 lb box Instant Nonfat Dry Milk
- __ 12 oz tub Nonfat Dry Buttermilk
- __ Evaporated Whole & Skim Milk
- __ 2% American Cheese Slices
- __ Reduced-Fat Cheddar Cheese
- __ Part Skim Mozzarella Cheese
- __ Reduced-Fat Mexican Cheese Blend
- __ Reduced-Fat Provolone & Swiss
- __ Reduced-Fat Parmesan Cheese
- __ Small Cup Plain Yogurt
- __ Medium Eggs
- __ Powdered Egg Whites
- __ Liquid Egg Substitute
- __ Neufchatel Cheese
- __ Low-Fat Cottage Cheese

FATS

- __ Butter
- __ Margarine
- __ Canola Oil
- __ Olive Oil
- __ Dark Sesame Oil
- __ Vegetable Shortening
- __ Non-Stick Spray

MEATS

- __ Regular Ground Beef
- __ Ground Turkey
- __ Beef, on sale
- __ Turkey Sausage
- __ Turkey Bacon
- __ Lean Turkey or Pork Ham
- __ Chicken Leg Quarters
- __ Chicken Breasts on Sale
- __ Whole Chickens
- __ Turkey Breast
- __ Whole Turkey
- __ Lean Lunch Meat; Turkey & Ham
- __ Turkey Hot Dogs & Baloney
- __ Frozen Fish Fillets: Trout, Pollack, Flounder, Whiting, Tilapia, Cod
- __ Canned Tuna
- __ Canned Salmon
- __ Canned Clams
- __ Other Canned Seafood or Fish

VEGETABLES

Fresh

- __ Broccoli
- __ Cabbage
- __ Carrots
- __ Celery
- __ Cucumbers
- __ Garlic
- __ Green Peppers
- __ Iceberg Lettuce
- __ Onions
- __ Potatoes
- __ Radishes
- __ Tomatoes
- __ Turnips
- __ Fresh Veggies in Season

Frozen

- __ Broccoli
- __ Brussels Sprouts
- __ California Style Mixed Veggies
- __ Cauliflower
- __ Classic Mixed Veggies
- __ Corn or Corn on the Cob
- __ Green Beans
- __ Green Peppers
- __ Mixed Greens: Kale, Collards, Mustard, Turnip, Spinach
- __ Oriental Style Mixed Veggies
- __ Peas
- __ Peas & Carrots
- __ Squash
- Canned**, no added salt whenever possible
- __ Bamboo Shoots
- __ Corn
- __ Green Beans
- __ Green Chili Peppers
- __ Greens: Turnip, Collard, Mustard, Kale, Spinach
- __ Mushrooms Stems & Pieces
- __ Peas
- __ Pimientos
- __ Pumpkin
- __ Sauerkraut
- __ Spaghetti Sauce (no sugar)
- __ Sweet Potatoes
- __ Tomatoes
- __ Tomato Sauce
- __ Tomato Paste
- __ Water Chestnuts

FRUITS & JUICES

Fresh

- __ Apples
- __ Bananas
- __ Oranges
- __ Fresh Fruit in Season

Frozen

- __ Orange Juice Concentrate
- __ Grapefruit Juice Concentrate
- __ Apple Juice Concentrate
- __ Grape Juice Concentrate
- __ Berry Blend Juice Concentrate
- __ Other Flavors Juice Concentrate
- __ Large Bag Frozen Strawberries
- __ Large Bag Frozen Blueberries
- __ Large Bag Frozen Mixed Fruit
- Canned** no added sugar whenever possible
- __ Bottled Apple Juice
- __ Bottled Lemon Juice
- __ Bottled Lime Juice
- __ Large Jar Unsweetened Applesauce
- __ Fruit Cocktail
- __ Mandarin Oranges
- __ Peaches
- __ Pears
- __ Pineapple
- __ Tropical Fruit Blend
- __ Low-Sugar Canned Pie Filling

Dried

- __ Apricots
- __ Cranberries
- __ Dates
- __ Prunes
- __ Raisins

DRIED BEANS

- __ Lentils
- __ Split Peas
- __ Pinto Beans
- __ Kidney Beans
- __ Black Beans
- __ Navy or Great Northern Beans
- __ Lima Beans
- __ Chick Peas
- __ Baked Beans
- __ Canned Beans when necessary

GRAINS & STARCHES

- __ All-Purpose Flour
- __ Bread Flour
- __ Whole Wheat Flour
- __ Wheat Germ
- __ Wheat Bran
- __ Rye Flour
- __ Whole Grain Cornmeal
- __ White or Yellow Grits
- __ Converted Rice
- __ Brown Rice
- __ Bulgur Wheat
- __ Farina (Cream of Wheat)
- __ Wheateena (Whole Wheat Cereal)
- __ Pearl Barley
- __ Instant or Quick Barley
- __ Rolled Oats
- __ Oat Bran
- __ Whole Wheat or Regular Spaghetti
- __ Whole Wheat or Regular Macaroni
- __ Yolk-Free Whole Wheat or Regular Egg Noodles
- __ Puffed Wheat or Rice
- __ Instant Mashed Potatoes
- __ Plain Cornflakes
- __ Toasted-O Cereal
- __ Saltines
- __ Graham Crackers
- __ Animal Crackers
- __ Vanilla Wafers
- __ Popcorn for Popping
- __ Pretzels

BAKING SUPPLIES

- __ White Sugar
- __ Brown Sugar
- __ Powdered Sugar
- __ Corn Syrup
- __ Honey
- __ Molasses
- __ Yeast
- __ Baking Powder
- __ Baking Soda
- __ Unsweetened Cocoa
- __ Unflavored Gelatin
- __ Cornstarch
- __ Vanilla Flavoring
- __ Almond Flavoring
- __ Artificial Sweetener if Desired

BAKING EXTRAS

- __ Unsalted Peanuts
- __ Sunflower Seeds
- __ Walnuts
- __ Chocolate Chips
- __ Marshmallows
- __ Coconut

- __ Frozen Whipped Topping
- __ Dry Whipped Topping Mix, like Dream Whip, but in a store-brand
- __ Sugar Free or Regular Pudding Mix
- __ Sugar Free or Regular Gelatin Mix

BEVERAGES

- __ Instant Coffee
- __ Ground Coffee
- __ Instant Tea
- __ Tea Bags for Hot Tea
- __ Herbal Teas
- __ Non-Dairy Powdered Creamer

CONDIMENTS

- __ Peanut Butter
- __ Broth Powder or Bouillon Cubes: Beef, Chicken, Ham & Veggie Flavors
- __ Hot Sauce
- __ Low-Sugar Jam & Jelly
- __ All Fruit Preserves
- __ Low-Sugar Pancake Syrup
- __ Ketchup
- __ Light Mayonnaise
- __ Fat Free Salad Dressings: Italian, Ranch, Thousand Island, etc.
- __ Yellow Mustard
- __ Dijon Mustard
- __ Olives, Black or Green
- __ Sugar-Free Pickles/Relish
- __ Salsa
- __ Vinegar: White, Cider, Red Wine
- __ Worcestershire Sauce
- __ Low-Sodium Soy Sauce

HERBS & SPICES

- __ Salt
- __ Black Pepper
- __ Garlic Powder
- __ Cayenne Pepper
- __ Onion Powder
- __ Dried Onions
- __ Chili Powder
- __ Basil
- __ Oregano
- __ Cinnamon
- __ Dry Parsley
- __ Poultry Seasonings
- __ Curry Powder
- __ Ground Ginger
- __ Ground Cumin
- __ Ground Cloves
- __ Ground Nutmeg
- __ Allspice
- __ Turmeric
- __ Celery Seed
- __ Dill Weed
- __ Coriander
- __ Lemon Pepper
- __ Seasoned Salt
- __ Salt Free Seasonings; Mrs. Dash
- __ Butter Buds