## 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

| Food Groups | Try These | Choose These Less Often |
| :---: | :---: | :---: |
| Bread, Grains \& Cereals | - 100\% whole wheat grain products (bread, tortillas, English muffins, pasta, bagels) <br> - High fiber, low sugar cereals (at least 5 g of fiber, less than 8 g of sugar) <br> - Unprocessed oatmeal or steel-cut oats <br> - Brown or wild rice <br> - Barley <br> - Rye <br> - Popcorn (without added salt) <br> - Couscous <br> - Quinoa | - Crackers or chips <br> - Egg noodles <br> - Rolls <br> - Doughnuts <br> - Pastries <br> - Commercial muffins <br> - Sugary cereals <br> - more than 8 g of sugar <br> - Croissants <br> - Biscuits <br> - Macaroni and cheese <br> - Boxed rice/pasta mixes |
| Dairy Products | - Low sugar yogurt <br> - Low-fat Greek yogurt <br> - Low-fat milk <br> - Low-fat cottage cheese <br> - Cheese (Check the nutrition label and choose an option with lower sodium) <br> - Almond milk (low in protein) <br> - Soy milk <br> - Lactose-free milk <br> - Low-fat kefir | - Coffee creamer <br> - Chocolate milk <br> - Half-and-half <br> - Cream cheese <br> - Processed cheese <br> - American cheese slices |
| Meat/Protein | - Lean beef or pork <br> - Chicken or turkey breast <br> - Bison and wild game | - Fattier cuts of beef or pork <br> - Bacon/sausage <br> - Processed meats |


|  | - Fresh, frozen or canned fish (non-breaded, canned in water) <br> - Eggs <br> - Beans/legumes (no salt added) <br> - Lentils <br> - Edamame <br> - Tofu <br> - Nuts and nut butters <br> - Flax seed <br> - Chia seed | - Breaded meats/seafood <br> - Hot dogs/bratwursts <br> - Salami/pepperoni <br> - Deli meats <br> - Ham <br> - Baked beans <br> - TV dinners |
| :---: | :---: | :---: |
| Fruits | - Fresh fruits <br> - Frozen, unsweetened fruits <br> - Canned fruit (no added sugar, canned in water or 100\% fruit juice) <br> *Caution with grapefruit as it can interact with some medications | - Canned fruit in heavy syrup <br> - Fruit juices <br> - Jellies or jams <br> - Coconut <br> - Dried fruits |
| Vegetables | - Fresh vegetables <br> - Frozen vegetables <br> - Canned vegetables (no salt added) <br> - Low-sodium tomato juice | - Vegetables prepared with cream or high-fat cheese <br> - Regular tomato juice <br> - Fried vegetables/potatoes |

## Swap This for That:

| Sour Cream | Plain non-fat Greek yogurt |
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| Butter in baking | Unsweetened applesauce |
| Butter in stovetop cooking | Extra-virgin olive oil or spray |
| Ranch Dressing | Homemade salad dressing (see below) |
| Salt | Potassium substitute |
| White rice | Riced broccoli or cauliflower |
| All-purpose flour | $100 \%$ whole-wheat flour |


| Pasta | Spaghetti squash or zucchini noodles |
| :--- | :--- |
| Fruit juice | Water with fruit |
| Soda | Flavored sparkling water |
| Ground beef | Ground turkey |
| Popsicle | Frozen grapes |
| Milkshake | Smoothie (see below) |
| Potato chips | Popcorn |
| Mashed potatoes | Mashed cauliflower |
| Bacon | Turkey bacon |
| Ice cream | "Nice" Cream (see below) |
| Flour tortillas | Corn or 100\% whole-wheat tortillas |

## Greek Yogurt Ranch Dressing

3/4 cup plain Greek yogurt 1 tsp salt
1 tsp garlic powder $\quad 1 / 4$ tsp black pepper
2 tsp onion powder 2 tsp Dijon mustard
Directions: Mix all ingredients in a bowl.

## Chocolate Peanut Better Smoothie

$1 / 4$ cup low-fat milk of choice
1 frozen banana
1 Tbsp creamy peanut butter
1 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 $1 / 4$ cup milk works too.
Step 3: Blend in your favorite ingredients. Try with frozen fruit, peanut butter, or mini dark chocolate chips


