

## Healthy Eating Starts with Healthy Food Shopping

The National Heart, Lung, and Blood Institute's obesity guidelines suggest using a shopping list and keeping a well-stocked kitchen to support healthy cooking and eating. Read the labels as you shop, and pay attention to serving size and servings per container. Compare the total calories in similar products and choose the one with fewer calories.

The following list is a good place to start:

- Fat-free or low-fat milk, yogurt, cheese, and cottage cheese
- Light or diet margarine
- Egg whites/egg substitutes
- Whole wheat sandwich breads, bagels, pita bread, English muffins
- Soft corn tortillas, low-fat flour tortillas
- Low-fat, low sodium crackers
- Plain cereal, dry or cooked
- Rice, pasta
- White meat chicken or turkey (remove skin)
- Fish and shellfish (not battered)
- Beef—round, sirloin, chuck arm, loin and extra lean ground beef
- Pork—leg, shoulder, tenderloin
- Dry beans and peas
- Fresh, frozen, or canned fruits in light syrup or juice
- Fresh, frozen, or low-sodium canned vegetables
- Low-fat or fat-free salad dressings
- Mustard and catsup
- Low-sugar jam or jelly
- Honey
- Herbs and spices
- Salsa

Source: The National Heart, Lung, and Blood Institute; the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health. (n.d). Healthy eating starts with healthy food shopping. Retrieved December 2, 2013, from <http://www.nhlbi.nih.gov/>