

healthy

SHOPPING LIST

FRESH VEGETABLES

- _____
- _____
- _____
- _____
- _____

BEVERAGES

Choose 100% fruit or vegetable juice low in sugar and sodium.

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- _____
- _____
- _____
- _____
- _____

BREAD, GRAINS, CEREALS

Choose 100% whole grain varieties.

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- _____
- _____
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CANNED, FROZEN, DRIED FOODS

Choose low sodium or no sugar added varieties.

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- _____

FRESH FRUITS

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- _____
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DAIRY

Choose low fat or non fat varieties.

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- _____
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- _____

MEATS, MEAT ALTERNATIVES

Choose lean cut meat, and skinless poultry.

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- _____
- _____
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- _____

OTHER

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