

NUTRIENT RICH SHOPPING LIST

Orange Aisle (Grains)

- Bagels
- Brown rice
- Bulgur/Cracked wheat
- Corn flakes
- Couscous
- Enriched white bread
- Flour tortillas
- Oatmeal
- Pasta noodles
- Popcorn
- Pretzels
- Wheat cereal
- White rice
- Whole grain barley
- Whole wheat bread
- Whole wheat crackers
- Whole wheat cereal
- Whole wheat sandwich buns and rolls
- _____
- _____
- _____
- _____

Red Aisle (Fruits)

- Avocados
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dried plums
- Figs
- Grapes
- Grapefruit
- Kiwifruit
- Mangos
- Orange juice
- Peaches
- Pineapples
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon
- _____
- _____
- _____
- _____

Purple Aisle (Meat & Beans)

- #### Beans and Seeds
- Almonds
 - Black beans
 - Chickpeas (garbanzo beans)
 - Kidney beans
 - Lentils
 - Peanut butter
 - Peanuts
 - Pinto beans
 - Pumpkin seeds
 - Soy beans
 - Sunflower seeds
 - Tofu
 - Walnuts
- #### Beef
- 90-95% lean ground beef
 - Bottom round roast or steak
 - Brisket, flat half
 - Eye round roast or steak
 - T-Bone steak
 - Top sirloin steak

Yellow Aisle (Oils)

- Canola oil
- Corn oil
- Olive oil
- Safflower oil
- Soybean oil
- Sunflower oil
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- _____
- _____
- _____

Green Aisle (Vegetables)

- Arugula
- Broccoli
- Brussels sprouts
- Carrots
- Green beans
- Green cabbage
- Green onion
- Green, orange, red and yellow bell peppers
- Mushrooms
- Peas
- Potatoes
- Radishes
- Red cabbage
- Red onions
- Red potatoes
- Romaine lettuce
- Spinach
- Summer squash
- Sweet corn
- Sweet potatoes
- Tomatoes
- Zucchini
- _____
- _____
- _____
- _____

Blue Aisle (Milk)

- #### Fat-free or lowfat cheese
- American
 - Cheddar
 - Cottage Cheese
 - Mozzarella
 - Parmesan
 - Ricotta
 - Swiss
- #### Fat-free or lowfat milk
- Fat-free or lowfat milk
 - Fat-free or lowfat yogurt
 - Lactose free milks
 - Lactose reduced milks
 - _____
 - _____
 - _____
 - _____

Chicken

- Skinless chicken breast
- Skinless chicken thigh
- Skinless ground chicken breast

Eggs

Fish and Shellfish

- Cod
- Flounder
- Halibut
- Mussels
- Oysters
- Salmon
- Light tuna, canned in water

Pork

- Tenderloin
- Boneless loin roast
- Boneless loin chops

Turkey

- Skinless ground turkey breast
- Skinless turkey breast
- Skinless turkey thigh
- _____
- _____
- _____
- _____

