

**FRUITS****Green:**

- avocados  grapes
- honeydew  kiwifruit
- limes

**Orange/Yellow:**

- tangerines  cantaloupe
- grapefruit  lemons
- mangoes  nectarines
- oranges  peaches
- pineapples  apricots

**Red:**

- red apples  cherries
- pomegranates  cranberries
- raspberries  strawberries
- watermelon

**Purple:**

- blackberries  blueberries
- black currants  plums
- purple grapes  figs

**White/Brown:**

- bananas  dates  pears

**FRESH HERBS**

- basil  chives
- cilantro  dill
- garlic  gingerroot
- mint  oregano
- parsley  thyme
- rosemary  sage

**MEATS/POULTRY FISH****(Fresh or Frozen)****Chicken:**

- breasts  thighs
- lean sausage  stir-fry strips
- whole chicken  lean ground

**Turkey:**

- lean ground  cutlets
- lean ground  whole turkey

**Seafood/Fish:**

- clams  cod
- crab  halibut
- lobster  mussels
- prawns  salmon
- scallops  shrimp
- trout  fresh tuna

**Beef:**

- extra lean ground
- ground sirloin  tenderloin
- roast  steak
- stewing meat  stir-fry strips

**Pork:**

- Canadian back bacon
- chops  lean ham
- stir-fry strips  tenderloin

**Bison:**

- lean ground  roast
- tenderloin  steak
- burgers

**Game:**

- lean ground  roast
- steaks

**Lamb:**

- chops  roast

**DELI**

- nitrate/nitrite free deli meats (turkey, chicken, ham, roast beef, pastrami and corned beef)

**REFRIGERATED GOODS****Pasta:**

- fresh pasta  fresh pasta sauce
- whole grain/regular tortellini
- whole grain/regular ravioli

**SOY PRODUCTS:**

- firm tofu  soft tofu
- veggie burgers  veggie dogs
- veggie deli meat
- veggie ground round

**SPREADS/TOPPINGS:**

- bruschetta  hummus
- olives  salad dressing
- salsa
- low-fat veggie dip
- jarred minced garlic
- jarred minced ginger

**BAKERY ITEMS:****Bread:**

- whole grain/multigrain loaf
- rye

**Buns:**

- whole grain/whole wheat buns/rolls

**Pita/Wraps:**

- whole/multi-grain pitas
- whole/multi-grain wraps

**Other:**

- whole grain pizza dough
- whole grain bagels
- whole grain English muffins
- whole-wheat crumpets
- baguettes  French bread

**DAIRY****Milk:**

- skim milk  1% milk
- 2% milk  whole milk
- soy milk  chocolate milk
- 10% cream  almond milk
- rice milk  whipping cream
- lactose-reduced milk

**EGGS****Other:**

- sour cream  kefir

**Cheese:**

- brie  cheddar
- feta  gouda
- havarti  parmesan
- mozzarella  ricotta
- cream cheese  swiss
- cheese strings
- cottage cheese
- individually wrapped cheeses

**Yogurt:**

- baby/toddler yogurt
- yogurt tubes
- plain yogurt
- fruit-flavored yogurt
- soy yogurt

**Butter/Margarine:**

- butter
- soft tub non-hydrogenated margarine

**FROZEN FOODS****Frozen Veggies:**

- peas  edamame beans
- corn  mixed veggies
- string beans
- Asian mixed veggies

**Frozen Fruit:**

- mixed berries  blueberries
- strawberries  mixed fruit

**CANNED FOODS****Vegetables:**

- artichoke hearts  salsa
- corn  crushed tomatoes
- stewed tomatoes
- tomato paste
- tomato sauce
- pizza sauce
- whole tomatoes

**Soup:**

- low sodium/low-fat vegetable soup
- low-sodium chicken/beef/vegetable stock

**Canned Fruit:**

- unsweetened fruit sauce (apple, berry etc.)
- canned fruit in water/fruit juice
- pumpkin puree

**Seafood:**

- light flaked low-sodium tuna
- canned salmon
- sardines

**Legumes:**

- black beans  brown beans
- kidney beans  chick peas
- lentils  split peas
- refried beans

## BABY SUPPLIES:

- formula
- bottles
- nipples
- diapers
- wipes
- jarred baby food
- soap
- vaseline
- lotion
- baby shampoo
- spoons
- forks
- bowls
- nursing pads
- bibs
- pumping supplies
- diaper rash cream
- iron-fortified cereal

## BAKING SUPPLIES

### Baking:

- baking soda
- baking powder
- bran
- barley flour
- brown sugar
- white sugar
- coconut
- coconut milk
- corn starch
- corn syrup
- cocoa
- evaporated milk
- flax seeds
- muffins papers
- oatbran
- pancake mix
- rolled oats
- wheat germ
- vanilla
- all purpose flour
- whole wheat flour

### Dried Fruit:

- apples
- apricots
- cranberries
- dates
- figs
- prunes
- raisins

## DRY GOODS

### Cereal:

- rolled oats
- oatbran
- ready-to-eat cereals
- mixed grain

### Pasta:

- spaghetti
- linguini
- fettuccine
- lasagna
- orzo
- rice vermicelli
- whole grain pasta
- macaroni

### Rice:

- brown rice
- basmati rice
- Italian rice
- Japanese rice
- wild rice

### Other Whole Grains:

- barley
- buckwheat
- millet
- quinoa
- couscous

### Dried Legumes:

- black beans
- black eyed peas
- chick peas
- kidney beans
- lentils
- split peas

### Herbs/Spices:

- basil
- oregano
- dill
- thyme
- turmeric
- paprika
- coriander
- cumin
- bayleaves
- allspice
- curry powder
- parsley
- garlic powder
- cinnamon
- dry mustard
- nutmeg
- salt
- pepper
- steak rub
- cayenne pepper

## SNACKS/CONDIMENTS/ BEVERAGES:

### Beverages:

- coffee
- coffee filters
- hot cocoa powder
- tea
- 100% real fruit/vegetable juice

### Nuts and Seeds:

- almonds
- cashews
- peanuts
- pecans
- pine nuts
- pistachios
- pumpkin seeds
- walnuts
- sunflower seeds
- roasted soy beans

### Spreads/Oil/Condiments:

- mustard (dijon/yellow)
- ketchup
- BBQ sauce
- fish sauce
- honey
- hot sauce
- maple syrup
- mayonnaise
- olive oil
- canola oil
- sesame oil
- fruit jam
- relish
- salad dressing
- soya sauce
- stir-fry sauce
- tahini
- teriyaki sauce
- balsamic
- natural peanut butter
- natural almond butter
- vinegar (white, red wine)
- worcestershire sauce
- tabasco sauce

## Healthy Snacks:

- high-fibre granola bars
- whole grain crackers
- popping corn
- rice cakes/corn cakes

## HOUSEHOLD ESSENTIALS

### Cleaning:

- environmentally friendly all purpose cleaner
- dish soap
- rinse aid
- glass cleaner
- paper towels
- cloths
- laundry detergent
- dishwasher detergent

### Bags/wraps/Foil:

- paper foil
- freezer bags
- sandwich bags
- wax paper
- garbage bags
- plastic wrap
- parchment paper

### Personal:

- deodorant
- hand soap
- body wash
- shampoo
- conditioner
- razors
- mouthwash
- toothbrushes
- toothpaste
- soap
- facial tissues
- toilet paper
- feminine products

Healthy Mom



Grocery List

## VEGGIES

### Green:

- artichoke
- snow peas
- brussel sprouts
- green beans
- green peppers
- leafy greens
- romaine lettuce
- green onions
- sugar snap peas
- arugula
- broccoli
- cabbage
- celery
- spinach
- leeks
- zucchini
- cucumbers
- asparagus

### Orange/Yellow:

- butternut squash
- yellow peppers
- pumpkin
- sweet potatoes
- carrots
- corn
- squash
- yams

### Red:

- beets
- radishes
- rhubarb
- tomatoes
- red peppers
- radicchio
- red onions

### Purple:

- black olives
- eggplant
- potatoes (purple fleshed)
- purple cabbage
- purple peppers

### White/Brown:

- cauliflower
- ginger
- turnips
- onions
- potatoes
- garlic
- kohlrabi
- mushrooms
- parsnips
- shallots



Sarah Remmer RD

From Stork to Fork Nutrition For Real Life