

Grocery List for *Healthy Eating*

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Take the following grocery list to the store with you to help yourself stay on track and remember to eat healthy. Add other items that you need, but stay away from foods with high sodium, sugar, and fat levels. Consult with a doctor or nutritionist if you need help.

Meats:

- Lean, skinless chicken _____
- Lean turkey _____
- Lean cuts of ground beef _____
- _____
- _____
- _____
- _____
- _____
- _____

Fruits:

- Blueberries _____
- Avocados _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Vegetables:

- Sweet potatoes _____
- Chickpeas _____
- Black beans _____
- _____
- _____
- _____
- _____
- _____
- _____

Dairy:

- Milk (soy, nut, or low-fat) _____
- Yogurt (plain or low-sugar) _____
- Goat cheese _____
- _____
- _____
- _____
- _____
- _____
- _____

Breads & Grains:

- Plain oatmeal _____
- Whole grain pasta _____
- Whole grain bread _____
- Brown rice _____
- _____
- _____
- _____
- _____
- _____

Other:

- Low-sodium pasta sauce _____
- Olive oil _____
- Flax and/or chia seeds _____
- Assorted nuts _____
- Eggs _____
- Unflavored popcorn _____
- _____
- _____
- _____