

# Heart Healthy Grocery Shopping Guide

## FRUIT AND VEGETABLES

- Fresh, frozen or canned vegetables\*
- Fresh or frozen fruit
- Avocado

\*Choose without added sauces, salt or seasoning

## WHOLE GRAINS

- Steel cut oats
- Quinoa
- Farro
- Bulgur
- Brown or wild rice
- Sprouted grain bread
- Whole wheat pasta
- Whole wheat couscous
- Whole grain crackers

## DAIRY

- Unsweetened milk
- Plain yogurt
- Plain kefir

\*choose the lowest fat level you enjoy

## PROTEIN

- Omega 3 rich fish
- Skinless chicken and turkey
- Lean beef, pork, lamb
- Eggs
- Vegetarian substitutes

## PLANT BASED PROTEINS

- Dried legumes
- Canned legumes with no salt added
- Unsalted nuts and seeds
- Natural nut and seed butters

## OTHER

- Extra virgin olive oil
- Avocado oil
- Cold pressed canola oil
- Vinegar, lemons, limes to make homemade salad dressings
- Dried herbs and spices
- Low sodium carbonated water
- Unsweetened herbal teas