

# HEALTHY SHOPPING LIST

The first step to cooking healthfully is to stock your kitchen with a variety of nutritious foods. Use this chart to help plan your shopping trips. Fill in the blanks with foods you like to keep on hand as part of a nutritious diet. Keep a copy on your fridge to plan your grocery list, and make your shopping trips quick and easy!



## VEGETABLES

## FRUIT

## WHOLE GRAINS


## ANIMAL/NON-ANIMAL PROTEIN SOURCES

## CONDIMENTS AND SPICES

## NUTS AND SEEDS


## DRIED GOODS

## SWEETENERS AND SNACKS

## BEVERAGES
