



My Shopping List

Make a shopping list. Include the items you need for your menus and any low-calorie basics you need to restock in your kitchen.

Dairy Case

- ☐ Fat-free (skim) or low-fat (1%) milk
- ☐ Low-fat or reduced fat cottage cheese
- ☐ Fat-free cottage cheese
- ☐ Low-fat or reduced fat cheeses
- ☐ Fat-free or low-fat yogurt
- ☐ Light or diet margarine (tub, squeeze, or spray)
- ☐ Fat-free or reduced fat sour cream
- ☐ Fat-free cream cheese
- ☐ Eggs/egg substitute
- ☐ _____

Breads, Muffins, and Rolls

- ☐ Bread, bagels, or pita bread
- ☐ English muffins
- ☐ Yeast breads (whole wheat, rye, pumpernickel, multi-grain, or raisin)
- ☐ Corn tortillas (not fried)
- ☐ Low-fat flour tortillas
- ☐ Fat-free biscuit mix
- ☐ Rice crackers
- ☐ Challah
- ☐ _____

Cereals, Crackers, Rice, Noodles, and Pasta

- ☐ Plain cereal, dry or cooked
- ☐ Saltines, soda crackers (low-sodium or unsalted tops)
- ☐ Graham crackers
- ☐ Other low-fat crackers
- ☐ Rice (brown, white, etc.)
- ☐ Pasta (noodles, spaghetti)
- ☐ Bulgur, couscous, or kasha
- ☐ Potato mixes (made without fat)
- ☐ Wheat mixes
- ☐ Tabouli grain salad

- ☐ Hominy
- ☐ Polenta
- ☐ Polvillo
- ☐ Hominy grits
- ☐ Quinoa
- ☐ Millet
- ☐ Aramanth
- ☐ Oatmeal
- ☐ _____

Meat Case

- ☐ White meat chicken and turkey (skin off)
- ☐ Fish (not battered)
- ☐ Beef, round or sirloin
- ☐ Extra lean ground beef such as ground round
- ☐ Pork tenderloin
- ☐ 95% fat-free lunch meats or low-fat deli meats
- ☐ _____

Meat Equivalents:

- ☐ Tofu (or bean curd)
- ☐ Beans (see bean list)
- ☐ Eggs/egg substitutes (see dairy list)
- ☐ _____

Fruit (fresh, canned, and frozen)

Fresh Fruit:

- ☐ Apples
- ☐ Bananas
- ☐ Peaches
- ☐ Oranges
- ☐ Pears
- ☐ Grapes
- ☐ Grapefruit
- ☐ Apricots
- ☐ Dried Fruits
- ☐ Cherries
- ☐ Plums

- ☐ Melons
- ☐ Lemons
- ☐ Limes
- ☐ Plantains
- ☐ Mangoes
- ☐ _____

Exotic Fresh Fruit:

- ☐ Kiwi
- ☐ Olives
- ☐ Figs
- ☐ Quinces
- ☐ Currants
- ☐ Persimmons
- ☐ Pomegranates
- ☐ Papaya
- ☐ Zapote
- ☐ Guava
- ☐ Starfruit
- ☐ Litchi nuts
- ☐ Winter melons
- ☐ _____

Canned Fruit (in juice or water):

- ☐ Canned pineapple
- ☐ Applesauce
- ☐ Other canned fruits (mixed or plain)
- ☐ _____

Frozen Fruits

(without added sugar):

- ☐ Blueberries
- ☐ Raspberries
- ☐ 100% fruit juice
- ☐ _____

Dried Fruit:

- ☐ Raisins/dried fruit (these tend to be higher in calories than fresh fruit)
- ☐ _____

Vegetables (fresh, canned, and frozen)

Fresh Vegetables:

- ☐ Broccoli
- ☐ Peas
- ☐ Corn
- ☐ Cauliflower
- ☐ Squash
- ☐ Green beans
- ☐ Green leafy vegetables
- ☐ Spinach
- ☐ Lettuce
- ☐ Cabbage
- ☐ Artichokes
- ☐ Cucumber
- ☐ Asparagus
- ☐ Mushrooms
- ☐ Carrots or celery
- ☐ Onions
- ☐ Potatoes
- ☐ Tomatoes
- ☐ Green peppers
- ☐ Chilies
- ☐ _____

Canned Vegetables (low-sodium or no-salt-added):

- ☐ Canned tomatoes
- ☐ Tomato sauce or pasta
- ☐ Other canned vegetables
- ☐ Canned vegetable soup, reduced sodium

Frozen Vegetables: (without added fats):

- ☐ Broccoli
- ☐ Spinach
- ☐ Mixed medley, etc.
- ☐ _____

Exotic Fresh Vegetables

- ☐ Okra
- ☐ Eggplant
- ☐ Grape leaves
- ☐ Mustard greens
- ☐ Kale
- ☐ Leeks
- ☐ Bamboo shoots
- ☐ Chinese celery
- ☐ Bok choy
- ☐ Napa cabbage
- ☐ Seaweed

- ☐ Rhubarb
- ☐ _____

Beans and Legumes (if canned, no-salt-added)

- ☐ Lentils
- ☐ Black beans
- ☐ Red beans (kidney beans)
- ☐ Navy beans
- ☐ Black beans
- ☐ Pinto beans
- ☐ Black-eyed peas
- ☐ Fava beans
- ☐ Italian white beans
- ☐ Great white northern beans
- ☐ Chickpeas (garbanzo beans)
- ☐ Dried beans, peas, and lentils (without flavoring packets)
- ☐ _____

Baking Items

- ☐ Flour
- ☐ Sugar
- ☐ Imitation butter (flakes or buds)
- ☐ Non-stick cooking spray
- ☐ Canned evaporated milk—fat-free (skim) or reduced fat (2%)
- ☐ Non-fat dry milk powder
- ☐ Cocoa powder, unsweetened
- ☐ Baking powder
- ☐ Baking soda
- ☐ Cornstarch
- ☐ Unflavored gelatin
- ☐ Gelatin, any flavor (reduced calorie)
- ☐ Pudding mixes (reduced calorie)
- ☐ Angel food cake mix
- ☐ _____

Frozen Foods

- ☐ Fish fillets—unbreaded
- ☐ Egg substitute
- ☐ 100 percent fruit juices (no-sugar-added)
- ☐ Fruits (no-sugar-added)
- ☐ Vegetables (plain)
- ☐ _____

Condiments, Sauces, Seasonings, and Spreads

- ☐ Fat-free or low-fat salad dressings
- ☐ Mustard (Dijon, etc.)
- ☐ Catsup
- ☐ Barbecue sauce
- ☐ Jam, jelly, or honey
- ☐ Spices
- ☐ Flavored vinegars
- ☐ Hoisin sauce and plum sauce
- ☐ Salsa or picante sauce
- ☐ Canned green chilies
- ☐ Soy sauce (low-sodium)
- ☐ Bouillon cubes/granules (low-sodium)
- ☐ _____

Beverages

- ☐ No-calorie drink mixes
- ☐ Reduced calorie juices
- ☐ Unsweetened iced tea
- ☐ Carbonated water
- ☐ Water
- ☐ _____

Nuts and Seeds

- ☐ Almonds, unsalted
- ☐ Mixed nuts, unsalted
- ☐ Peanuts, unsalted
- ☐ Walnuts
- ☐ Sesame seeds
- ☐ Pumpkin seeds, unsalted
- ☐ Sunflower seeds, unsalted
- ☐ Cashews, unsalted
- ☐ Pecans, unsalted
- ☐ _____

Fats and Oils

- ☐ Soft (tub) margarine
- ☐ Mayonnaise, low-fat
- ☐ Canola oil
- ☐ Corn oil
- ☐ Olive oil
- ☐ Safflower oil
- ☐ _____