

# Heart Smart Shopping List

## Fruits and vegetables

- Fresh or frozen fruit
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- Canned fruits without syrup
- Canned vegetables

## Dairy products

- Milk
- Greek yogurt
- Cheese
- Cottage cheese
- Fresh Mozzarella cheese

## Starches

- Potatoes, Corn, Peas
- Brown rice
- Whole wheat noodles
- Oatmeal (steel cut)
- Dry cereal (more than 3 gm fiber, less than 8 gm sugar)
- Whole wheat bread/English muffin/pita bread
- Whole wheat or corn tortilla
- Quinoa or bulgur

## Protein

- Egg
- Skinless, boneless chicken breast
- Ground turkey breast
- Fish: no breading (salmon, shrimp, tilapia)
- Water packed tuna, salmon, sardines
- Beans and lentils (edamame)
- Tofu
- Whey protein
- Quinoa

## Healthy fats and oils

- Natural nut butter (peanut, almond, sunflower)
- Avocado
- Olive oil, Canola oil
- Nuts (walnuts, pecans, almonds, cashew, pistachios, macadamia)
- Flaxseed, Chia seeds
- Pesto
- Olives

## Condiments

- Hummus
- Italian or balsamic salad dressing
- Mustard
- Salsa
- Garlic
- Spices and herbs
- Tomato sauce

## Miscellaneous

- Dark chocolate (more than 70 percent cocoa)
- Dried natural fruits – figs, prunes, raisins
- Olive oil
- Broth based soup
- WATER! (drink lots, no need to buy)

