



Aim for a  
Health  
Weight

S



## Tipsheet: Healthy Eating Starts With Healthy Food Shopping

Using a shopping list and keeping a well-stocked kitchen can help reduce the time you spend cooking healthy meals. Read the labels as you shop, and pay attention to serving size and servings per container. Compare the total calories in similar products and choose the lowest calorie ones.

So, shop for quick, low-fat food items, and fill your kitchen cupboards with a supply of lower calorie basics like the following:

- Fat-free or low-fat milk, yogurt, cheese, and cottage cheese
- Light or diet margarine
- Egg whites/egg substitutes
- Whole-wheat sandwich breads, bagels, pita bread, English muffins
- Soft corn tortillas, low-fat flour tortillas
- Low-fat, low-sodium crackers
- Plain cereal, dry or cooked
- Rice, pasta
- White-meat chicken or turkey (remove skin)
- Fish and shellfish (not battered)
- Beef: round, sirloin, chuck arm, loin, and extra-lean ground beef
- Pork: leg, shoulder, tenderloin
- Dry beans and peas
- Fresh, frozen, canned fruits in light syrup or juice
- Fresh, frozen, or no-salt-added canned vegetables
- Low-fat or fat-free salad dressings
- Mustard and catsup
- Jam, jelly, or honey
- Herbs and spices
- Salsa