Grocery List for Good Health

Fruits

- ☐ Red – apples, strawberries, raspberries, cherries, watermelon, grapefruit, pomegranate, grapes, rhubarb
- ☐ Orange/yellow – oranges, bananas, peaches, mango, cantaloupe, apricots, nectarines, pineapple, lemons, tangerines, clementine
- ☐ Green – pears, grapes, honeydew, kiwi, limes, avocado
- ☐ Blue/purple – blueberries, blackberries, plums, prunes, figs
- ☐ Dried fruit, no added sugar
- ☐ Frozen berries and other fruits, no added sugar
- ☐ Canned fruit, in own juice

Vegetables

- ☐ Leafy Greens – spinach, kale, mixed greens, romaine, arugula
- ☐ Root vegetables – beets, parsnips, radish, kohlrabi, turnips
- ☐ Dark greens – broccoli, green beans, sugar snap peas, edamame, asparagus, zucchini, brussels sprouts, artichoke
- ☐ Red/orange – peppers, carrots, squash, sweet potatoes, tomatoes
- ☐ Blue/purple – eggplant, purple carrots, purple potatoes, purple cabbage
- ☐ White/yellow – onions, garlic (fresh or minced), cauliflower, potatoes, mushrooms, leeks, jicama, ginger
- ☐ Frozen vegetables, without sauces
- ☐ Canned vegetables, no added salt

Grain Products

- ☐ Whole grain items – bread, English muffins, bagels, pita, flour, pasta, crackers, cold or hot cereal
- ☐ Brown or wild rice
- ☐ Oats (old fashioned, rolled, steel cut)
- ☐ Corn or whole wheat flour tortillas
- ☐ Barley, quinoa, farro, couscous, bulgur, cracked wheat
- ☐ Chia seed or ground flax seed

Beans, Legumes, and Nuts

- ☐ Beans – kidney, black, pinto, garbanzo, navy, others, canned or dry, no added salt
- ☐ Lentils
- ☐ Almonds, walnuts, pistachios, pecans, hazelnuts, pine nuts, peanuts or cashews, no added salt
- ☐ Nut and seed butters – peanut, almond, soy, sunflower seed
- ☐ Hummus
- ☐ Tofu
- ☐ Edamame – frozen, fresh, or dry roasted; no added salt
- ☐ Sunflower and pumpkin seeds
- ☐ Frozen vegetable and bean burgers
- ☐ Chia Seeds

Meats and Eggs

- ☐ Poultry – boneless, skinless chicken breast (fresh or frozen), turkey (fresh or frozen)
- ☐ Fish, seafood – not breaded (fresh or frozen), canned tuna or salmon (low sodium)
- ☐ Eggs, liquid egg whites, egg substitute
- ☐ Lean beef – tenderloin, top sirloin, flank, ground round
- ☐ Lean pork – loin chops, tenderloin
- ☐ Deli meat, lean and low sodium
- ☐ Turkey bacon and sausage
- ☐ Canned tuna or chicken, water-packed and low sodium

Dairy and Dairy Alternatives

- ☐ Yogurt, low fat and low sugar
- ☐ Cottage cheese, low fat
- ☐ Ricotta cheese, low fat
- ☐ Part-skim cheese – mozzarella, farmer's
- ☐ Non-dairy milk and yogurt – soy, almond, coconut, oat or rice, pea, unsweetened

Drinks

- ☐ Sparkling water
- ☐ Flavored water, no added sweeteners
- ☐ Unsweetened iced tea
- ☐ Skim or 1% milk
- ☐ Non-dairy milk, low sugar
- ☐ Coffee – no cream or sugar
- ☐ Tea bags or loose-leaf tea
- ☐ Vegetable juice, low sodium
- ☐ 100% fruit juice – 4 ounces

Baking and Cooking

- ☐ Vinegars – red wine, apple cider, rice, balsamic
- ☐ Oils – olive, canola, peanut, avocado, sesame
- ☐ Oil spray
- ☐ Simple sauces – catsup, BBQ sauce, mustard (yellow, brown, Dijon), tahini, horseradish, tabasco sauce, salsa, light mayonnaise, soy sauce (reduced sodium)
- ☐ Salad dressings – oil and vinegar, low fat
- ☐ Broth – chicken, vegetable, fish or bone broth, low sodium
- ☐ Chicken and vegetable bouillon cubes, low sodium
- ☐ Tomato sauce and tomato paste, low sodium
- ☐ Brown and white sugar
- ☐ Unsweetened cocoa powder
- ☐ Vanilla and other extracts
- ☐ Baking soda, baking powder

Spices and Seasonings

- ☐ Herbs (fresh or dried) – parsley, basil, oregano, dill, sage, thyme, rosemary, cilantro, mint, others
- ☐ Sodium-free seasoning blends (Mrs. Dash®, Penzey's®, Weber® Salt Free, Pleasoning®, McCormick® Salt Free, others)
- ☐ Chili powder, cumin, paprika, turmeric, curry powder, coriander, cardamom
- ☐ Red and black pepper
- ☐ Garlic and onion powder
- ☐ Cinnamon, cloves, nutmeg, allspice

Basic Tips for Shopping Smart

- Include fruits and vegetables of many colors.
- Choose more whole foods and less packaged or processed foods.
- Buy as many items as you can from the outside area of the store, rather than from the aisles.
- Avoid grocery shopping when you're hungry.
- Look at the ingredient list (right below the Nutrition Facts label) on packaged items.
- Buy items like brown rice, oats or quinoa in bulk to save money.
- Shop for items, including produce, when they are on sale and stick to your grocery list to help you stay within your budget.
- After you have made your meal plan for the week, write down the ingredients you need. Check your pantry to see what you already have that you can cross off your list.

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan.

For a list of UW Health Clinics, please visit www.uwhealth.org/.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 11/2026 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing HF#391.