

# Heart Healthy

## GROCERY SHOPPING LIST

### 1 FRESH FRUITS AND VEGGIES

Apples  
Berries  
Bell peppers  
Broccoli  
Cauliflower  
Celery  
Dark leafy greens  
Eggplant  
Grapes  
Kale  
Oranges  
Pears  
Squash  
Tomatoes  
Zucchini

### 3 MEAT, POULTRY, FISH & SUBSTITUTES

Beef, lean cuts  
Chicken or turkey breasts and tenders, skinless, boneless  
Fish, high in omega-3s, such as herring, mackerel, salmon, trout, tuna  
Pork tenderloin, trimmed of fat  
Seitan, Tempeh, Tofu

### 5 FATS & COOKING OILS

Olive oil  
Flaxseed oil  
Avocado oil  
Sesame oil

### 2 DAIRY AND DAIRY ALTERNATIVES

Buttermilk, low-fat or nonfat  
Cheese, nonfat or reduced-fat  
Cottage cheese or ricotta cheese, nonfat or 1%  
Cream cheese, nonfat or light  
Milk, skim or 1%  
Yogurt, nonfat or 1%  
Greek Yogurt,  
Soy milk, almond milk, and other non-dairy products

### 4 BEANS & GRAINS

Barley  
Beans, chickpeas  
Cereals, whole-grain  
Cornmeal  
Flour, whole wheat  
Couscous, polenta, millet, bulgur, and quinoa  
Oat bran  
Oats  
Pasta, whole wheat, spelt  
Rice: brown, wild, and brown basmati

### 6 NUTS & SEEDS

Walnuts, almonds, cashews, pistachios  
Flaxseed, and chia seeds