

Choose Healthy Shopping List

choose-healthy.org



Visit Choose-Healthy.org and find a complete list of nutritional food choices to help you customize your list below.

To make your shopping trip easier, items from the online list will be marked with the Choose Healthy logo throughout Rouses' stores.

Produce

Vegetables: _____

Fruit: _____

Deli

Sushi: _____

Hummus: _____

Deli meat: _____

Other: _____

Condiments, Sauces, Spreads

Marinade: _____

Sauce: _____

Condiment: _____

Salad Dressing: _____

Butter: _____

Other: _____

Snacks

Snack foods: _____

Hot and Cold Cereals

Hot cereal: _____

Cold cereal: _____

Beverages

Juice: _____

Water: _____

Other: _____

Canned Goods, Rice, Beans, Pasta

Beans: _____

Pasta, Rice: _____

Other: _____

Meat, Poultry, Seafood

Meat: _____

Seafood: _____

Poultry: _____

Eggs: _____

Frozen Foods

Frozen meals: _____

Frozen veggies: _____

Frozen dessert: _____

Other: _____

Bread

Bread: _____

Wraps: _____

Other: _____

Dairy and Dairy Substitutes

Milk: _____

Cheese: _____

Cheese spread: _____

Yogurt: _____

Other: _____

Baking

Cooking oil: _____

Flour: _____

Sweetener: _____

Other: _____

