

Choose Healthy Shopping List

choose-healthy.org

Heart Healthy Items



PRODUCE SECTION

Vegetables:

Artichoke
Arugula
Asparagus
Beets
Bell peppers
Broccoli
Broccoli Rabe
Brussels sprouts
Butternut squash
Carrot
Cauliflower
Celery
Collard greens
Cucumber
Green beans
Green cabbage
Green Onions
Iceberg Lettuce
Jicama
Leaf lettuce
Mushrooms
Onion
Potato
Pumpkin
Radish
Romaine Lettuce
Spinach
Summer Squash
Sweet Corn
Sweet Potato
Swiss Chard
Tomato

Rouses Fresh-Cut Vegetables:

Cauliflower florets
Broccoli florets
Asparagus
Carrots
Zucchini slices
Squash slices

Fruit:

Apple
Avocado**
Banana
Blueberries
Cantaloupe
Cherries
Fig, Dried
Fig, Fresh
Grapefruit
Grapes
Guava
Honeydew
Kiwifruit
Kumquat
Lemon
Lime
Mango
Nectarine
Orange
Papaya
Peach
Pear
Persimmon
Pineapple
Plum
Plum, Dried
Pomegranate
Pummelo
Raisins
Raspberries
Star Fruit
Strawberries
Tangerine
Watermelon
Wild blueberries

Rouses Fresh-Cut Fruits:

Pineapple
Strawberry
Cantaloupe

DELI/PREPARED FOODS

Edamame/Soybeans

Boar's Head Deli Meats:

Roasted Lower Sodium Turkey Breast
Ovengold Roast Breast of Turkey
Mesquite Wood Smoked Breast of Turkey
Italian-Style Seasoned Beef
Cracked Pepper Mill Smoked Turkey Breast
Golden Catering Style Oven Roasted Turkey Breast, Skinless
Hickory Smoked Black Forest Turkey Breast
Marzetti Hummus-Original, Roasted Red Pepper, Roasted Garlic

CONDIMENTS/SAUCES/SPREADS

Mrs. Dash Salt-free Marinade: Mesquite Grille, Spicy Teriyaki, and Lemon Herb Peppercorn
Fischer Wieser's Sauces: Mango Ginger, Habanero, Blueberry Chipotle, Pomegranate & Mango, and Mango Chipotle
Tabasco Sauce
Rouses Merlot Wine steak sauce
Rouses Vidalia Onion steak sauce
Rouses Vidalia Onion barbecue sauce
Hellmann's Dijonnaise
Hellmann's Mayonnaise

Smucker's Natural Chunky Peanut Butter**
Smucker's Natural Creamy Peanut Butter**
Smart Balance Creamy Peanut Butter**
Smart Balance Chunky Peanut Butter**
Simply Jif Creamy Peanut Butter**

Smucker's No-Sugar Preserves
Smucker's Simply Fruit
Polaner All Fruit



* Item contains more than 600 mg of sodium per serving.

** Portion control! This item is high in unsaturated fat.



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SALAD DRESSINGS

Rouses Vidalia Onion & Creamy Cucumber dressing
Rouses Vidalia Onion & Summer Tomato dressing
Newman's Own Salad Dressings: Lighten Up Low-fat
Sesame Ginger
Kraft Light: Light Balsamic Vinaigrette
Wish-Bone Salad Spritzers
Annie's Naturals Lite Gingerly Vinaigrette

SNACKS

Genisoy Soy Crisps: Salted, Cheddar Cheese, Apple
Full Circle Soy Crisps
EAS AdvantEDGE Carb Control Ready-to-drink shake
EAS Myoplex Lite Ready-to-drink
Kashi TLC bar
Orville Redenbacher's Smart Pop! Popcorn
Jolly Time Healthy Time Popcorn
Blue Diamond Almonds – Unsalted varieties**
Walnuts**
Tabasco salsa
Ryvita Rye & Oat Bran All Natural Crisp Bread
Ryvita Sesame Rye All Natural Crisp Bread
Wasa Whole Wheat Crisp Bread
Kavli Crispy Thin Crisp Bread
Kavli Hardy Thick Bread crisp bread
Kavli Hardy Thick Bread crisp bread
Kellogg's All Bran Crackers: Garlic Herb, Multi-Grain
Nabisco Triscuit Crackers
Nabisco Triscuit Thin Crisps
Scharffen Berger 70% bittersweet dark chocolate
Lindt 70% cocoa dark chocolate

Sun-Maid California Dried Prunes
Sun-Maid California Dried Peaches
Sun-Maid California Dried Apricots
Sun-Maid California Dried Mission Figs

CEREALS: HOT & COLD

Kellogg's Special K Protein Plus
Post Bran Flakes
Post Shredded Wheat – original
Post Shredded Wheat – spoon size
Quaker Crunchy Corn bran
General Mills Original Fiber One bran cereal
General Mills Wheat Chex
Organic Weetabax
Familia Swiss Muesli No Added Sugar
Barbara's Puffin's Original Cereal
Kashi GoLean Cereal
Kashi GoLean Hot Cereal
Uncle Sam's Toasted Whole Wheat & Flaxseed Original Cereal
McCann's Steel Cut Oatmeal
Hodgson's Mill: Oat Bran Hot Cereal, Cracked Wheat, Multi-Grain
Quaker Old Fashioned Oats
Quaker Instant Oatmeal packet – Plain, Lower Sugar (Flavored), or Weight Control (Flavored)

BEVERAGES

V8 100% Vegetable Juice – Low Sodium
OceanSpray Cranberry 100% juice – No Sugar Added
Hawaiian Punch Lite
Juicy Juice 100% Juice
Crystal Light – Various Flavors and Styles
Kool-Aid Jammers 10
Honest Tea: Community Green Tea
Honest Tea: Just Green Tea, Unsweetened
Arizona Diet Green Tea
Nestle Hot Chocolate Fat-Free with Calcium
Nestle Hot Chocolate Mix, No Sugar Added
Sprite Zero
Fresca
Fuze Slenderize
Perrier, Flavored Perrier
VitaminWater – 10 calories
Gatorade G2
Powerade Zero
Propel



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SOUPS

Campbell's Healthy Requests – Cream of Mushroom, Vegetable, Tomato

CANNED GOODS

StarKist Chunk Lite Tuna in Water
Chicken of the Sea Pink Salmon (in water)
StarKist Yellowfin Tuna Fillets (Pouches)
Hormel Breast of Chicken in Water
BlueRunner Creole Cream-style Red Beans
BlueRunner Creole Cream-style Navy Beans
BlueRunner New Orleans Spicy Cream-style Red Beans
Trappey's Kidney Beans, Butter Beans, Pinto Beans, Blackeyed peas, Fieldpeas, Black Beans
V. Allen's Turnip Greens
V. Allen's Popeye Spinach
DelMonte Sweet Peas – no-salt added
DelMonte Fresh Cut Sliced Beets
LeSueur Tender Baby Whole Carrots
Zapata All Natural Refried Beans
Libby's 100% Pure Pumpkin

SEAFOOD – Fresh/Frozen

Yellow Fin Tuna
Fresh Salmon**
Catfish
Sea Scallops
Tilapia
Crab Meat
Louisiana Oysters
Inland Market Chardonnay Salmon, Bronzed Tilapia
Treasures from the Sea – Ahi Tuna, Tilapia, Cod Filets, Pollock Fillets
Full Circle – Wild Swordfish**, Wild Alaskan Halibut, Wild Ahi Tuna, Wild Salmon**

MEAT AND POULTRY

Beef Bottom Round Roast
Boneless Skinless Chicken Breast
Swift Premium Seasoned Pork Tenderloin
Honeysuckle White Boneless Skinless Turkey Breast
Honeysuckle White Extra Lean Ground Breast of Turkey

Honeysuckle White Turkey Breast Tenderloin
Tyson Fajita Chicken Breast Strips
Jenni-O Turkey Franks
Oscar Mayer Center Cut Bacon

RICE, BEANS, PASTA

Village Harvest Brown Basmati Rice
Dried Beans (pinto, kidney, navy, lima, black-eyed, etc.)
Hodgson Mill Whole Wheat Whole Grain Pasta
HeartLand 100% Whole Wheat Spaghetti
Barilla Pasta
Classico Pasta Sauce (all varieties)
Full Circle Pasta Sauce

FREEZER SECTION

Ezekiel 4:9
Food for Life 7 Grains Bread
Food for Life Bran for Life Bread
Morning Star Sausage Links
Morning Star Sausage Patties
Boca All American Flame Grilled Meatless Burger
Kashi Go Lean Waffle – Original 7 grain, Blueberry

Frozen Veggies:

Green Giant Broccoli Spears
Green Giant Valley Fresh Steamers
Frozen Cauliflower florets
Frozen Chopped Mustard Greens
Frozen Chopped Spinach
Frozen Chopped Collard Greens
Frozen Brussell Sprouts
Frozen Turnip Greens
Frozen Cut Okra (no sauce)
Edamame



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BREAD

Nature's Own 100% Whole Wheat Bread
Pepperidge Farm Natural Whole Grain 15 Bread
Pepperidge Farm Whole Grain English Muffin (100% whole wheat)
Pepperidge Farm Whole Grain 100% Whole Wheat Bagel
Thomas Hearty Whole Wheat Mini-Bagel
Thomas Hearty Grains 100% Whole Wheat English Muffin
Wonder Bread, Wheat Hot Dog Bun
Bunny Light Wheat Hamburger Bun
La Tortilla Tortillas: Organic Whole Wheat, EVOO Multi Grain Flat Out Bread

DAIRY/DAIRY SUBSTITUTES

FFaga Greek Yogurt: 0%, 2%
Land-O-Lake Lowfat Half & Half
Nestle Coffee-Mate: (Sugar Free French Vanilla, Sugar Free Hazelnut, Sugar Free Vanilla Caramel)
Rouses 1% LowFat Milk
Rouses Fat Free Skim Milk
Silk Soy Milk Natural
Silk Vanilla Light Soy Milk
8th Continent Light Soy Milk – original
8th Continent Light Soy Milk – chocolate
8th Continent Light Soy Milk – vanilla
Almond Breeze Unsweetened Chocolate, Unsweetened Plain (shelf-stable; not refrigerated)
Borden Organic Fat Free Milk
Borden Organic 1% Low Fat Milk
StonyField Farm Organic Fat Free Plain Yogurt
Yoplait Fat Free Plain Yogurt
Breakstone's Low Fat Cottage Cheese
Breakstone's Fat Free Cottage Cheese
Breakstone's Light-n-Lively Low Fat Cottage Cheese
Breakstone's Light-n-Lively Fat Free Cottage Cheese
Sargento Light Ricotta Cheese
Smart Balance Light Buttery Spread
Smart Balance Spray Butter
Brummel & Brown Natural Yogurt Spread
Egg Beaters – Original
Kraft Singles, 2% Milk American Cheese
Kraft Singles, Fat Free American

Laughing Cow Cheese Light Wedges: Light Swiss, Light Garlic and Herb, Light French Onion
Kraft Philadelphia Fat Free Cream Cheese

BAKING INGREDIENTS

QQuaker Oatmeal Pancake Mix
Log Cabin Sugar Free Syrup
Gold Medal Whole Wheat Flour
Hodgson Mill Insta-Bake Whole Wheat Baking Mix
Hodgson Mill Milled Flax Seed**
Hodgson Mill Wheatgerm
Hodgson Mill Golden Milled Flax Seed**
PET Fat Free Evaporated Skimmed Milk
Nestle Carnation Evaporated Fat Free Milk

HEALTHY OILS

Mazola Canola Oil**
Fruittato Colavita Extra Virgin Olive Oil First Cold Pressed**
Ballino First Cold Pressed Extra Virgin Olive Oil**

HEART HEALTHY CRITERIA:

Sodium: < 480mg

Total Fat: < 3 gm (except meat which is 5gm)

Saturated fat: < 1 gm (except meat which is 2gm)

Trans fat: < 0.5gm

Cholesterol: < 20mg (except meat which is 95mg)



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