

# Make Sure These Low Calorie and Healthy Options are on Your Shopping List to Stock Your Fridge and Pantry



- Fat-free or low-fat milk
- Light or diet margarine
- Yogurt
- Cheese
- Cottage cheese



- Dry beans and peas
- Fresh, frozen, or no-salt-added canned vegetables



- Fresh, frozen, canned fruits in light syrup or juice



- Low-fat or fat-free salad dressings
- Mustard and catsup
- Jam, jelly, or honey
- Herbs and spices
- Salsa



- Whole-wheat 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
- Egg whites/egg substitutes

## Here are some additional tips to help you shop better.

- Eat before grocery shopping.
- Make a grocery list before you shop.
- Choose a checkout line without a candy display.
- Buy and try serving new fruits or vegetables.