




## Printable Food Groups- Healthy Eating Grocery List

<b>VEGETABLES</b> Mix them up for new tastes 		<b>GRAINS</b> Look for whole grains		<b>MILK GROUP</b> Choose fat-free or low-fat		<b>MEAT &amp; BEANS</b> Choose lean meat and poultry.	
Tomatoes	<input type="checkbox"/>	Brown rice or wild rice	<input type="checkbox"/>	All fluid milk	<input type="checkbox"/>	Beef, pork or lamb	<input type="checkbox"/>
Tomato or vegetable juice	<input type="checkbox"/>	Oatmeal	<input type="checkbox"/>	Cheese	<input type="checkbox"/>	Chicken (white meat)	<input type="checkbox"/>
Turnips	<input type="checkbox"/>	Popcorn	<input type="checkbox"/>	Yogurt	<input type="checkbox"/>	turkey	<input type="checkbox"/>
Wax beans	<input type="checkbox"/>	Whole wheat cereals	<input type="checkbox"/>	pudding made with milk	<input type="checkbox"/>	Garden or veggie burgers	<input type="checkbox"/>
Zucchini	<input type="checkbox"/>	Whole rye	<input type="checkbox"/>	Iced milk	<input type="checkbox"/>	All beans	<input type="checkbox"/>
Corn	<input type="checkbox"/>	Whole wheat bread	<input type="checkbox"/>	Frozen yogurt	<input type="checkbox"/>	Black eye peas	<input type="checkbox"/>
Lima beans (green)	<input type="checkbox"/>	Whole wheat crackers	<input type="checkbox"/>	Ice cream	<input type="checkbox"/>	Split peas	<input type="checkbox"/>
Potatoes	<input type="checkbox"/>	Whole wheat pasta	<input type="checkbox"/>	Soy Milk	<input type="checkbox"/>	Tofu	<input type="checkbox"/>
Green peas	<input type="checkbox"/>	Whole wheat tortillas	<input type="checkbox"/>		<input type="checkbox"/>	Chickpeas	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Eggs	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Shellfish	<input type="checkbox"/>
<b>VEGETABLES</b> Eat green leafy* and orange** vegetables daily		<b>FRUITS</b> Fresh, frozen or canned 		<b>OILS</b> Healthy oils are also found in nuts and fish		<b>MEAT &amp; BEANS</b> Fish, fresh and canned	
Bok choy*	<input type="checkbox"/>	Apples	<input type="checkbox"/>	Olive oil	<input type="checkbox"/>	Nuts	<input type="checkbox"/>
Broccoli *	<input type="checkbox"/>	Apricots	<input type="checkbox"/>	Sunflower oil	<input type="checkbox"/>	Seeds	<input type="checkbox"/>
Collard greens*	<input type="checkbox"/>	Avocado	<input type="checkbox"/>	Canola oil	<input type="checkbox"/>		<input type="checkbox"/>
Dark green leafy lettuce*	<input type="checkbox"/>	Bananas	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Kale*	<input type="checkbox"/>	<i>Berries:</i>	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Mesclun*	<input type="checkbox"/>	Strawberries	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Mustard greens*	<input type="checkbox"/>	Blueberries	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Spinach*	<input type="checkbox"/>	Raspberries	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Turnip greens*	<input type="checkbox"/>	Cherries	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Watercress	<input type="checkbox"/>	Grapefruit	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Acorn, butternut and hubbard squash**	<input type="checkbox"/>	Grapes	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Carrots**	<input type="checkbox"/>	Kiwi fruit	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Pumpkin**	<input type="checkbox"/>	Lemons	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Sweet potatoes**	<input type="checkbox"/>	Limes	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Artichokes	<input type="checkbox"/>	Mangoes	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Asparagus	<input type="checkbox"/>	Cantaloupe	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Bean sprouts	<input type="checkbox"/>	Honeydew	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Beets	<input type="checkbox"/>	Watermelon	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Brussels sprouts	<input type="checkbox"/>	Nectarines	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Cabbage	<input type="checkbox"/>	Oranges	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Cauliflower	<input type="checkbox"/>	Peaches	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Celery	<input type="checkbox"/>	Pears	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Cucumbers	<input type="checkbox"/>	Papaya	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Eggplant	<input type="checkbox"/>	Pineapple	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Green beans	<input type="checkbox"/>	Plums	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Green/red peppers	<input type="checkbox"/>	Prunes	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Iceberg lettuce	<input type="checkbox"/>	Raisins	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Mushrooms	<input type="checkbox"/>	Tangerines	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Okra	<input type="checkbox"/>	100% fruit juices	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Onions	<input type="checkbox"/>				<input type="checkbox"/>		<input type="checkbox"/>