



# Printable Food Groups- Healthy Grocery Shopping List

To help you get started in food shopping for your holiday season, we have put together a s healthy foods shopping list that you can use in your preparations for a healthy holiday meal.

<b>VEGETABLES</b> Add plenty of vegetables to your holiday meal!		<b>GRAINS</b> Look for whole grains		<b>MILK GROUP</b> Choose fat-free or low-fat (LF)		<b>MEAT &amp; BEANS</b> Choose lean meat and poultry.	
Acorn, butternut and hubbard squash**	<input type="checkbox"/>	Brown rice or wild rice	<input type="checkbox"/>	Almond milk	<input type="checkbox"/>	Almonds	<input type="checkbox"/>
Artichokes	<input type="checkbox"/>	Porridge oats	<input type="checkbox"/>	Frozen LF yogurt	<input type="checkbox"/>	Beans, any kind	<input type="checkbox"/>
Asparagus	<input type="checkbox"/>	Sprouted breads	<input type="checkbox"/>	Iced milk	<input type="checkbox"/>	Black eye peas	<input type="checkbox"/>
Bean sprouts	<input type="checkbox"/>	Whole wheat bread	<input type="checkbox"/>	LF cheese	<input type="checkbox"/>	Chicken	<input type="checkbox"/>
Beets	<input type="checkbox"/>	Whole wheat crackers	<input type="checkbox"/>	LF cottage chesee	<input type="checkbox"/>	Chickpeas	<input type="checkbox"/>
Broccoli *	<input type="checkbox"/>	Whole wheat flour	<input type="checkbox"/>	LF cream	<input type="checkbox"/>	Eggs	<input type="checkbox"/>
Brussels sprouts	<input type="checkbox"/>	Whole wheat pasta	<input type="checkbox"/>	LF ice cream	<input type="checkbox"/>	Fish, all types	<input type="checkbox"/>
Cabbage	<input type="checkbox"/>	Whole wheat tortillas	<input type="checkbox"/>	LF soy milk	<input type="checkbox"/>	Ham	<input type="checkbox"/>
Carrots**	<input type="checkbox"/>		<input type="checkbox"/>	Nonfat yogurt	<input type="checkbox"/>	Lean mince	<input type="checkbox"/>
Cauliflower	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Leg of Lamb	<input type="checkbox"/>
Celery	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Nuts, all kinds	<input type="checkbox"/>
<b>VEGETABLES</b> include * dark green veggie include ** orange veggies		<b>FRUITS</b> Let fruits jazz up your feast!		<b>OILS</b> Healthy oils are also found in nuts and fish		<b>MEAT &amp; BEANS</b> Nuts and seeds are a great source of protein.	
Collard greens*	<input type="checkbox"/>	Apples	<input type="checkbox"/>	Canola oil	<input type="checkbox"/>	Roast beef	<input type="checkbox"/>
Corn	<input type="checkbox"/>	Avocado	<input type="checkbox"/>	Flax Seed oil	<input type="checkbox"/>	Seeds	<input type="checkbox"/>
Cucumbers	<input type="checkbox"/>	Bananas	<input type="checkbox"/>	Hemp oil	<input type="checkbox"/>	Shellfish	<input type="checkbox"/>
Dark green leafy vegetables*	<input type="checkbox"/>	Blueberries	<input type="checkbox"/>	Olive oil	<input type="checkbox"/>	Split peas	<input type="checkbox"/>
Eggplant	<input type="checkbox"/>	Cranberries	<input type="checkbox"/>	Sunflower oil	<input type="checkbox"/>	Tofu	<input type="checkbox"/>
Garlic	<input type="checkbox"/>	Grapefruit	<input type="checkbox"/>	LF, no trans butter	<input type="checkbox"/>	Tuna	<input type="checkbox"/>
Green beans	<input type="checkbox"/>	Grapes	<input type="checkbox"/>	LF, no trans margarine	<input type="checkbox"/>	Turkey	<input type="checkbox"/>
Green/red peppers	<input type="checkbox"/>	Kiwi fruit	<input type="checkbox"/>		<input type="checkbox"/>	Wax beans	<input type="checkbox"/>
Green peas	<input type="checkbox"/>	Lemons	<input type="checkbox"/>		<input type="checkbox"/>	Crab	<input type="checkbox"/>
Iceberg lettuce	<input type="checkbox"/>	Limes	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Lima beans (green)	<input type="checkbox"/>	Nectarines	<input type="checkbox"/>	<b>OTHER</b> Low Calorie (LC)			<input type="checkbox"/>
Mesclun*	<input type="checkbox"/>	Oranges	<input type="checkbox"/>	Agave	<input type="checkbox"/>		<input type="checkbox"/>
Mushrooms	<input type="checkbox"/>	Pears	<input type="checkbox"/>	Baking powder	<input type="checkbox"/>		<input type="checkbox"/>
Okra	<input type="checkbox"/>		<input type="checkbox"/>	Brown Sugar	<input type="checkbox"/>		<input type="checkbox"/>
Olives	<input type="checkbox"/>	Pineapple	<input type="checkbox"/>	Cornstarch	<input type="checkbox"/>		<input type="checkbox"/>
Onions	<input type="checkbox"/>	Plums	<input type="checkbox"/>	Herbs	<input type="checkbox"/>		<input type="checkbox"/>
Potatoes	<input type="checkbox"/>	Prunes	<input type="checkbox"/>	Honey	<input type="checkbox"/>		<input type="checkbox"/>
Pumpkin**	<input type="checkbox"/>	Raisins	<input type="checkbox"/>	LC salad dressing	<input type="checkbox"/>		<input type="checkbox"/>
Spinach*	<input type="checkbox"/>	Raspberries	<input type="checkbox"/>	Reduced soy sauce	<input type="checkbox"/>		<input type="checkbox"/>
Sweet potatoes**	<input type="checkbox"/>	Strawberries	<input type="checkbox"/>	Spices	<input type="checkbox"/>		<input type="checkbox"/>
Tomatoes	<input type="checkbox"/>	Tangerines	<input type="checkbox"/>	Stock cubes	<input type="checkbox"/>		<input type="checkbox"/>
Turnips	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Zucchini	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>





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VEGETABLES include * dark green veggie include ** orange veggies		FRUITS Let fruits jazz up your feast!		OILS Healthy oils are also found in nuts and fish		MEAT & BEANS Nuts and seeds are a great source of protein.	
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