**Heart-Healthy Shopping List**

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| **Food Group** | **Recommended Foods** | **Foods to Avoid** |
| Grains | Whole grain breads and cereals, including oats and barley Pasta, especially whole wheat or other whole grain types Brown rice Low-fat crackers and pretzels | High-fat bakery products, such as doughnuts, biscuits, croissants, danish pastries, pies, cookies Snacks made with partially hydrogenated oils, including chips, cheese puffs, snack mixes, regular crackers, butter-flavored popcorn |
| Vegetables | Fresh, frozen, or canned vegetables without added fat or salt | Fried vegetables Vegetables prepared with butter, cheese, or cream sauce |
| Fruits | Fresh, frozen, canned in its own juice, or dried fruit without added sugar | Fried fruits Fruits served with butter or cream |
| Milk/Dairy | Fat-free (skim) or low-fat (1%) milk or buttermilk Nonfat or low-fat yogurt or cottage cheese Fat-free and low-fat cheese | Whole milk Reduced-fat (2%) milk Whole milk yogurt or ice cream Cream Half-and-half Cream cheese Sour cream Cheese |
| Protein Foods | Lean cuts of beef and pork (loin, leg, round, extra-lean hamburger) Skinless, white meat turkey or chicken Fish Venison and other wild game Dried beans and peas Nuts and natural nut butters Meat alternatives made with soy or textured vegetable protein Whole eggs, egg whites, egg substitute Cold cuts made with lean meat or soy protein | Higher-fat cuts of meats (ribs, T-bone steak, regular hamburger) Bacon Sausage Cold cuts, such as salami or bologna Corned beef Hot dogs Organ meats (liver, kidneys, brains, sweetbreads) Poultry with skin Fried meat, poultry, and fish |
| Fats and Oils | Unsaturated oils (olive, peanut, soy, sunflower, canola) Soft or liquid margarines and vegetable oil spreads Salad dressings Seeds and nuts Avocado | Butter Stick margarine Shortening Partially hydrogenated oils Tropical oils (coconut, palm, palm kernel oils) |