



Grocery Store Staples

A majority of what you need and should buy at the grocery store can be found on the perimeter of the store. Avoid processed, refined foods, and sugar in the aisles. Healthy Choices include:

Pantry	Fridge	Freezer
Whole Grain Bread	Water	Vege
Whole Grain Rice		
Whole Grain Cereal	Fresh Veges	Fruits
Low Sodium Soup	Fresh Fruits	Chicken Breast, Skinless and Low Sodium
Granola Bars	Eggs	Lean Beef
Raisins / Dried Fruits	Lean Sandwich Meat	Low fat skillet meats
Oatmeal	Yogurt	
Canned Fruits	Milk	
Canned Veges	Cottage Cheese, Low fat	
Canned Tuna, Chicken, Salmon	Cheese, String or Grated	
Peanuts, Almonds, Sunflower Seeds	Tortillas	
Peanut Butter	V-8 Juice, Low sugar	
Potatoes	Fresh Soup, Low sodium	