NON-PERISHABLE HEALTHY GROCERY LIST

FROZEN

Frozen vegetables (no cheese or sauce)
Frozen fruit (no added sugar or glaze)
Frozen breakfast
  - PJ's Organics skinny breakfast burrito
  - Good Food Made Simple southwestern bowl
  - Jimmy Deans turkey sausage bowl or sandwich
  - Special K flatbread breakfast sandwich
  - Whole grain waffles
Frozen dinners (less than 500 cal/700 mg sodium/10 g saturated fat, more than 3g fiber/7g protein)
  - Evol
  - Kashi
  - Lean Cuisine
  - Healthy Choice
  - Stouffer’s Fit Kitchen

Veggie burgers
  - Dr. Paeger’s California veggie
  - Amy’s California veggie
  - Boca All American

Frozen chicken
Frozen fish
Frozen shrimp

Healthier treats
  - Skinny cow ice cream bars/sandwiches
  - Halo Top ice cream
  - Arctic Zero ice cream
  - Yasso frozen yogurt bars
  - Julies organic frozen yogurt
  - Eddy’s Outshine fruit bars
  - Nonfat cool whip

REFRIGERATED

Yogurt (low fat, less than 12g sugar)
Low fat cottage cheese
Low fat cheese sticks
Low fat cheese
Eggs or egg substitute
Tofu or textured vegetable protein
Hummus
Fresh Fish (wild caught salmon, halibut, trout etc.)
Fresh or ground chicken/turkey
Reduced sodium, nitrate free lunch meat (turkey, roast beef, chicken)
Low fat, nitrate free chicken or turkey sausage
  - Al Fresco chicken sausages
  - Brat Hans chicken sausages
  - Thin n’ Trim sausages

BEVERAGES

Low fat or skim milk
Low/no sugar almond or soy milk
100% fruit juice (not from concentrate)
Unsweetened tea
Low sugar hot chocolate
Low sugar protein shakes
Sparkling water
Water
Coffee
Whole grain crackers
Whole grain bread (100% whole wheat)
Whole grain tortillas
Whole grain pita or naan
Whole grain English muffins
Whole grain pasta
Whole grain cereal (less than 10g sugar, more than 3g fiber)
  Cheerios          Barbara’s Puffsins
  Granenuts        Cascadian Farms Cereals
  Total             Quaker Honey Nut Squares
  Wheaties          Kashi Go Lean
Granola Bars (less than 8g sugar. More than 3g fiber)
  Kind bars        Lara bars
  Zing bars         Annie’s granola bars
  Kashi Go Lean bars
Oatmeal (if instant, low sugar)
Popcorn (low-fat, 100 cal packs or plain)
Brown rice
Plain rice cakes
Extra virgin olive oil
Avocado oil
Low fat dressings
Vinegar (ex. Red wine, apple cider)
Nuts/Seeds
Nut butters (peanut, almond, etc)
Apple sauce (low sugar)
Dried fruit
Salsa
Whey isolate protein powder (or vegan, soy, egg etc)
Protein Bars (less than 13g sugar and more than 8g protein)
  Aloha bars        Cliff protein bars
  Quest bars        Rx bars
  Exo bars          Thin Thin bars
  Luna bars

Fresh fruit
Fresh vegetables
Bagged salads
Precut fruits and vegetables
Pre-spiralized vegetable “noodles”
Longer lasting produce options
  Onion             Garlic
  Sweet potatoes    Potatoes
  Squash            Carrots
  Apples            Oranges
  Bananas           Clementines/Tangerines
Rotisserie Chicken
Salsa
Soups (vegetable or broth based)

Beans/lentils
Low-fat low-sodium refried beans
Tuna/salmon
Clams
Pumpkin
Canned vegetables (rinse before use)
Low sodium olives
Tomatoes (crushed, diced, etc)
Canned pineapple in 100% juice
Canned peaches in 100% juice
Canned mandarin oranges in 100% juice
Canned soup (low sodium, veggie or broth based)
Chipotle peppers or green chilies
Coconut milk
Coconut water

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