


FEEDING AMERICA'S BRAVEST: SAMPLE GROCERY LIST

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| FRUIT AND VEGETABLES (5 servings per day per family member, fresh fruit is always a better option. Avoid canned fruit with added sugar. Frozen and low sodium canned veggies are also a good option) | | HERBS AND SPICES (also for making your own tomato sauce or "sofrito" and other sauces, dressings and seasoning) | |
| <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Pears <input type="checkbox"/> Banana <input type="checkbox"/> Oranges <input type="checkbox"/> Cherries <input type="checkbox"/> Blueberries <input type="checkbox"/> Plum <input type="checkbox"/> Pomegranate <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwi <input type="checkbox"/> Peaches <input type="checkbox"/> Watermelon <input type="checkbox"/> Strawberries <input type="checkbox"/> Pineapple <input type="checkbox"/> Mango <input type="checkbox"/> Lemon | <ul style="list-style-type: none"> <input type="checkbox"/> Tomatoes <input type="checkbox"/> Kale <input type="checkbox"/> Spinach <input type="checkbox"/> Zucchini <input type="checkbox"/> Carrots <input type="checkbox"/> Eggplant <input type="checkbox"/> Green beans <input type="checkbox"/> Salad <input type="checkbox"/> Onions <input type="checkbox"/> Mushroom <input type="checkbox"/> Red/green pepper <input type="checkbox"/> Leek <input type="checkbox"/> Broccoli <input type="checkbox"/> Scallions <input type="checkbox"/> Artichoke <input type="checkbox"/> Onion <input type="checkbox"/> Pumpkin <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Olives | <ul style="list-style-type: none"> <input type="checkbox"/> Garlic/cloves <input type="checkbox"/> Parsley <input type="checkbox"/> Basil <input type="checkbox"/> Thyme <input type="checkbox"/> Oregano <input type="checkbox"/> Cumin | <ul style="list-style-type: none"> <input type="checkbox"/> Pepper <input type="checkbox"/> Cilantro <input type="checkbox"/> Dill <input type="checkbox"/> Fennel <input type="checkbox"/> Paprika |
| LEGUMES (at least 3 servings per week per family member, great way to add fiber and protein to meal) | | HEALTHY FATS- MAINLY EXTRA VIRGIN OLIVE OIL (Main culinary fat or ≥4 tbsp/day per family member) | |
| <ul style="list-style-type: none"> <input type="checkbox"/> Chickpeas <input type="checkbox"/> Beans (black, pinto, white) <input type="checkbox"/> Lentil <input type="checkbox"/> Hummus | | <ul style="list-style-type: none"> <input type="checkbox"/> Extra virgin olive oil <input type="checkbox"/> Avocado <input type="checkbox"/> Nut butter (the only ingredient should be the nut) | |
| WHOLE GRAINS/CEREALS (Instead of refined grains) | | TREE NUTS AND PEANUTS (at least three or more servings per week for each person. Nuts without added salt or sugar are best.) | |
| <ul style="list-style-type: none"> <input type="checkbox"/> Whole grain pasta (Barilla Plus offers a great variety) <input type="checkbox"/> Whole grain bread (remember that "multigrain" is not always whole grain) avoid added sugar-check labels) <input type="checkbox"/> Bulgur <input type="checkbox"/> Quinoa <input type="checkbox"/> Cous-cous | | <ul style="list-style-type: none"> <input type="checkbox"/> Walnuts <input type="checkbox"/> Almond <input type="checkbox"/> Cashews <input type="checkbox"/> Pistachios <input type="checkbox"/> Brazil nuts <input type="checkbox"/> Pecans <input type="checkbox"/> Peanuts | <ul style="list-style-type: none"> <input type="checkbox"/> Flaxseeds/sesame seeds/Chia seeds |
| DAIRY ≤2 servings/day per person (Avoid processed cheeses and artificial ingredients) | | FISH AND SEAFOOD (≥3 servings/wk per person, fresh or frozen) | |
| <ul style="list-style-type: none"> <input type="checkbox"/> Greek yogurt <input type="checkbox"/> Feta cheese <input type="checkbox"/> Mozzarella cheese <input type="checkbox"/> Parmesan cheese <input type="checkbox"/> Other fermented cheeses <input type="checkbox"/> Low fat cheese | | <ul style="list-style-type: none"> <input type="checkbox"/> Tilapia <input type="checkbox"/> Salmon <input type="checkbox"/> Cod <input type="checkbox"/> Hake <input type="checkbox"/> Shrimp <input type="checkbox"/> Scallops <input type="checkbox"/> Clams <input type="checkbox"/> Tuna | |
| NOTES: | | WHITE MEAT (Instead of red meat (2-3 servings/wk)) | |
| <p>NOTES:</p> | | <ul style="list-style-type: none"> <input type="checkbox"/> Chicken <input type="checkbox"/> Turkey <input type="checkbox"/> Ground turkey or chicken <input type="checkbox"/> Other Poultry <input type="checkbox"/> Fresh Eggs | |
| NOTES: | |  | |

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