# FEEDING AMERICA’S BRAVEST: SAMPLE GROCERY LIST

## 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)

- Apples
- Pears
- Banana
- Oranges
- Cherries
- Blueberries
- Plum
- Pomegranate
- Grapes
- Kiwi
- Peaches
- Watermelon
- Strawberries
- Pineapple
- Mango
- Lemon
- Tomatoes
- Kale
- Spinach
- Zucchinis
- Carrots
- Eggplant
- Green beans
- Salad
- Onions
- Mushroom
- Red/green pepper
- Leek
- Broccoli
- Scallions
- Artichoke
- Onion
- Pumpkin
- Sweet potatoes
- Olives

## HERBS AND SPICES
(also for making your own tomato sauce or “sofrito” and other sauces, dressings and seasoning)

- Garlic/cloves
- Parsley
- Basil
- Thyme
- Oregano
- Cumin
- Pepper
- Cilantro
- Dill
- Fennel
- Paprika

## HEALTHY FATS- MAINLY EXTRA VIRGIN OLIVE OIL
(Main culinary fat or ≥4 tbsp/day per family member)

- Extra virgin olive oil
- Nut butter (the only ingredient should be the nut)

## TREE NUTS AND PEANUTS
(at least three or more servings per week per each person. Nuts without added salt or sugar are best.)

- Walnuts
- Almond
- Cashews
- Pistachios
- Brazil nuts
- Pecans
- Peanuts
- Flaxseeds/sesame seeds/Chia seeds

## LEGUMES
(at least 3 servings per week per family member, great way to add fiber and protein to meal)

- Chickpeas
- Beans (black, pinto, white)
- Lentil
- Hummus
- Chickpeas
- Beans (black, pinto, white)
- Lentil
- Hummus
- Chickpeas
- Beans (black, pinto, white)
- Lentil
- Hummus

## WHOLE GRAINS/CEREALS
(Instead of refined grains)

- Whole grain pasta (Barilla Plus offers a great variety)
- Whole grain bread (remember that “multigrain” is not always whole grain) avoid added sugar-check labels
- Bulgur
- Quinoa
- Cous-cous
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## FISH AND SEAFOOD
(≥3 servings/wk per person, fresh or frozen)

- Tilapia
- Salmon
- Cod
- Hake
- Shrimp
- Scallops
- Clams
- Tuna
- Tilapia
- Salmon
- Cod
- Hake
- Shrimp
- Scallops
- Clams
- Tuna
- Tilapia
- Salmon
- Cod
- Hake
- Shrimp
- Scallops
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- Tuna

## WHITE MEAT
(Instead of red meat 2-3 servings/wk)

- Chicken
- Turkey
- Ground turkey or chicken
- Other Poultry
- Fresh Eggs
- Chicken
- Turkey
- Ground turkey or chicken
- Other Poultry
- Fresh Eggs

## DAIRY
≤2 servings/day per person (Avoid processed cheeses and artificial ingredients)

- Greek yogurt
- Feta cheese
- Mozzarella cheese
- Parmesan cheese
- Other fermented cheeses
- Low fat cheese
- Greek yogurt
- Feta cheese
- Mozzarella cheese
- Parmesan cheese
- Other fermented cheeses
- Low fat cheese

## NOTES:

- Greek yogurt
- Feta cheese
- Mozzarella cheese
- Parmesan cheese
- Other fermented cheeses
- Low fat cheese