HEART HEALTHY SHOPPING LIST



Vegetables

fresh, frozen or canned

Asparagus, Beets, Broccoli, Carrots, Cauliflower, Cabbage, Edamame, Mushrooms, Onions, Peppers, Spinach, Kale, Squash, Tomatoes

Fruits

fresh, frozen or canned

Apple, Banana, Berries (strawberries, raspberries, cranberries, blueberries), Dates, Cantaloupe, Oranges, Grapes, Peaches, Pears, Pineapple

Dairy

Low-fat cheese Low-fat milk Low-fat yogurt

Meat and Poultry

Lean Beef Chicken Pork Turkey

Seafood

Cod, crab, flounder, halibut, herring, oysters, salmon, shrimp, tuna, anchoives, clams, mackerel, lobster, monkfish, mussels, sardines, sea bass, squid

Grocery

Beans: Black, Pinto, Kidney,
Chickpeas, Seeds & Nuts:
Almonds, Chia,
Flaxseed, Pumpkin seeds,
Sunflower seeds, Walnuts
Whole Grains: Brown rice, Bulgar,
Farro, Oats, Quinoa,
Whole grain pasta, Whole grain
bread, Corn tortillas, Whole grain
tortillas

Oils: Avocado, Extra Virgin Olive, Canola, Safflower

Herbs and Spices

Basil, chives, cilantro, coriander, cumin, dill, mint, oregano, parsley, rosemary, sage, tarragon, thyme, allspice, bay leaves, black pepper, cardamom, cayenne pepper, chili powder, cinnamon, fennel seed, garlic powder, ground ginger nutmeg, paprika, sea salt, turmeric, red pepper flakes

Beverages

Water
Tea
Sparkling Water
Coffee

Please use this as a general guideline for following a Heart Healthy eating plan. A diet may not be limited to the items on this list.

Additional items

- Look for products labeled 'low sodium' or 'no salt added'
- Add healthy fats like nuts and seeds to your list
- Lean meats include chicken, turkey, pork and beef tenderloin