

“SHOPPING THE PERIMETER”: What’s On Your Grocery List?

(LF: Low Fat, FF: Fat Free, LS: Low Sodium)

Meats: Lean Ground Beef/Turkey, Fish, Seafood, Skinless/Unbreaded Chicken Breast, Lean Pork

Grains & Cereals: Bread, English muffins, Bagels, Hamburger buns, Tortillas, Pasta (all Whole Wheat!); Brown rice; Oatmeal; Dry Breakfast cereals with high fiber

Frozen veggies:
Mixed Veggies
Broccoli
LS All

Frozen fruit:
Berries
Mixed Tropical Fruit

Frozen Meats:
Lean Beef/Turkey Burgers
Fish
LS Frozen Meals
Garden Burgers

Frozen Desserts:
SF Popsicles
LF/FF Ice Cream or Frozen Yoqurt

Dairy:
Eggs
FF/LF Milk
Cheese
FF/LF Yogurt & Cottage Cheese
Smart Balance

Nuts, Seeds, Oils:
Unsalted Nuts
Olive Oil
Seeds
Peanut/Almond Butter

Drinks:
Water
100% Juice
OJ with Calcium
Decaf Coffee/Tea

Other snacks:
popcorn, pretzels, baked chips/crackers

The center aisles often contain:
High fat
High sodium
High cholesterol

SHOP THE PERIMETER
for healthier choices.

Canned Veggies, Meats, Soups & Beans:
LS Chicken or Beef Broth & soups
Canned Tuna & Salmon
Kidney, Pinto, Garbanzo Beans
Hummus, Bean Dip, Salsa

Canned or Dried Fruits:
Pineapple
Mandarin Oranges
Fruit Cup (in their own juice)
Raisins
Tropical Fruit Mix

Vegetables:
Broccoli
Spinach
Peas
Corn
Greens
Carrots
Potatoes
Asparagus
Tomatoes
Artichokes
Lettuce

Fruits:
Apples
Bananas
Pears
Oranges
Melon
Pineapple
Strawberries
Berries

