



Shopping List



Use this handy sheet to make your own healthy shopping list for your next grocery store visit. Remember to look for fresh fruits and veggies, low fat dairy options, whole grain foods and lean meats!

		Quantity
Vegetables (3-5 servings per day)	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Fruits (2-4 servings per day)	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Bread, Cereal, Rice, Pasta (6+ servings per day)	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Milk, Yogurt, Cheese (2-4 servings per day)	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Meat, Chicken/Turkey, Fish, Beans, Eggs, Nuts (1-2 servings per day)	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Fats, Oils, Sweets (use sparingly)	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>