

# West Haven Department of Public Health

355 Main St. West Haven, CT

[www.whhd.org](http://www.whhd.org)

## Healthy Grocery List

To get our newsletter, e-mail us at: [ETriffin@westhaven-ct.gov](mailto:ETriffin@westhaven-ct.gov)



**Public Health**  
Prevent. Promote. Protect.

This is a healthy shopping list of pure, nutritious, whole foods. We emphasize local, fresh, unprocessed, plant-based foods...healthier for you, for the planet, for animals/non-violence, and to be able to feed more people (often more inexpensively too!). Make copies so you can start with great choices. We listed amounts for average adults; for more, see [www.mypyramid.gov](http://www.mypyramid.gov).

### Whole grains – 6 ounces daily

Whole wheat bread (whole wheat flour as 1<sup>st</sup> ingredient) \_\_\_\_\_  
Whole wheat cereal (at least 5 gms. fiber and protein per serving) \_\_\_\_\_  
Whole grain brown rice (long or short) \_\_\_\_\_  
Whole wheat couscous and pasta \_\_\_\_\_  
Corn, grits, cornbread, polenta \_\_\_\_\_  
Oatmeal, oat bran, wheat germ, wheatena \_\_\_\_\_  
Whole grain pancakes, French toast and waffles \_\_\_\_\_  
Hearty whole grain “peasant” bread \_\_\_\_\_  
Make your own bread, use whole grain flour (bread machines make this easy)! \_\_\_\_\_  
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### Vegetables - 2.5 cups or more daily

Broccoli, spinach, kale, collard greens, parsley, basil \_\_\_\_\_  
\_\_\_\_\_  
Carrots, beets, garlic and onions \_\_\_\_\_  
All the salad greens (add a can of beans) \_\_\_\_\_  
Sweet potatoes and yams \_\_\_\_\_  
Zucchini, yellow squash, and other squash \_\_\_\_\_  
Brussels sprouts, cabbage \_\_\_\_\_  
Peas, peppers, avocados and corn \_\_\_\_\_  
Tomatoes (plum, grape, and cherry) \_\_\_\_\_  
Cucumbers (Kirby or pickling cucumbers are sweet and never waxed) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Fruit - 2 cups or more daily

Blueberries (great as a cereal topping) \_\_\_\_\_  
Strawberries (mix into your yogurt) \_\_\_\_\_  
Apples (enjoy with peanut butter) \_\_\_\_\_  
Bananas (great for smoothies) \_\_\_\_\_  
Kiwi (high in fiber, 3 gms. per serving) \_\_\_\_\_

Peaches, pears, apricots (fresh, frozen, or canned) \_\_\_\_\_

Clementines, oranges, and grapefruit \_\_\_\_\_

Grapes and raisins \_\_\_\_\_

Plums and prunes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### Calcium/Protein Milk Source - 3 cups

Soy milk (use for cereal or smoothies too) \_\_\_\_\_

Almond milk (delicious ice cold and on cereal) \_\_\_\_\_

Non-fat protein fortified milk (like Skim Plus) \_\_\_\_\_

Non-fat yogurt, soy yogurt \_\_\_\_\_

Soy pudding \_\_\_\_\_

Cauliflower, cabbage, Brussels sprouts, turnip greens, spinach \_\_\_\_\_

Sesame seeds, tahini, pinto beans \_\_\_\_\_

Tofu (as much calcium as milk) \_\_\_\_\_

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### Protein - 5 oz. per day

Tofu (high in plant based protein) \_\_\_\_\_

Seitan (wheat gluten like stew beef but made from wheat and comes in flavors) \_\_\_\_\_

Hummus (chick pea spread, many flavors, and it's very easy to make too) \_\_\_\_\_

Mixed beans \_\_\_\_\_

Lentils and peas (great for soups) \_\_\_\_\_

Chili beans and fake meats from plant sources, like veggie burgers, soy dogs, etc.) \_\_\_\_\_

Nuts and seeds, tahini (sesame butter) \_\_\_\_\_

Mixed nuts, seeds and dried fruit \_\_\_\_\_

Peanut butter (get a good blender or food processor and make your own almond or cashew butters too), peanuts \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### Oils and condiments

Canola oil \_\_\_\_\_

Olive oil \_\_\_\_\_

Mustard \_\_\_\_\_

**Don't forget love, add it generously and often!**