**Heart-Healthy Shopping List**

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| **Food Group** | **Recommended Foods** | **Foods to Avoid**  |
| Grains | Whole grain breads and cereals, including oats and barleyPasta, especially whole wheat or other whole grain typesBrown riceLow-fat crackers and pretzels | High-fat bakery products, such as doughnuts, biscuits, croissants, danish pastries, pies, cookiesSnacks made with partially hydrogenated oils, including chips, cheese puffs, snack mixes, regular crackers, butter-flavored popcorn |
| Vegetables | Fresh, frozen, or canned vegetables without added fat or salt | Fried vegetablesVegetables prepared with butter, cheese, or cream sauce |
| Fruits | Fresh, frozen, canned in its own juice, or dried fruit without added sugar | Fried fruitsFruits served with butter or cream |
| Milk/Dairy | Fat-free (skim) or low-fat (1%) milk or buttermilkNonfat or low-fat yogurt or cottage cheeseFat-free and low-fat cheese | Whole milkReduced-fat (2%) milkWhole milk yogurt or ice creamCreamHalf-and-halfCream cheeseSour creamCheese |
| Protein Foods | Lean cuts of beef and pork (loin, leg, round, extra-lean hamburger)Skinless, white meat turkey or chickenFishVenison and other wild gameDried beans and peasNuts and natural nut buttersMeat alternatives made with soy or textured vegetable proteinWhole eggs, egg whites, egg substituteCold cuts made with lean meat or soy protein | Higher-fat cuts of meats (ribs, T-bone steak, regular hamburger)BaconSausageCold cuts, such as salami or bolognaCorned beefHot dogsOrgan meats (liver, kidneys, brains, sweetbreads)Poultry with skinFried meat, poultry, and fish |
| Fats and Oils | Unsaturated oils (olive, peanut, soy, sunflower, canola)Soft or liquid margarines and vegetable oil spreadsSalad dressingsSeeds and nutsAvocado | ButterStick margarineShorteningPartially hydrogenated oilsTropical oils (coconut, palm, palm kernel oils) |