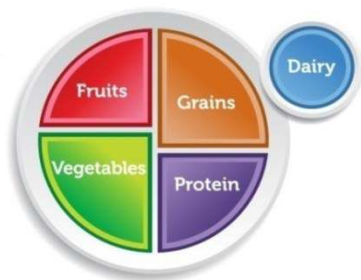


MYPLATE Grocery List



Choose more often:

- Unsalted nuts & seeds
- Beans, lentils & peas
- Tofu & soy products
- Eggs
- Low fat cheese & cottage cheese
- Fish (salmon, tuna, cod, catfish, etc.)

Protein

- Seafood (shrimp, clams, oysters, crabs)
- Chicken & turkey (without the skin)
- Lean cuts of beef (90/10, sirloin, round)
- Lean pork (loin)

Choose less often:

- Higher fat or sodium:
- Beef
 - Pork
 - Processed Meats (sausage, bacon, hot dogs, salami)
 - Deli meats

Vegetables

Non-Starchy

- Artichoke
- Arugula
- Asparagus
- Baby corn
- Bean sprouts
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Green beans
- Greens
- Jicama
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Okra
- Onions
- Pea Pods
- Peppers
- Radishes
- Romaine

- Salad greens
- Spinach
- Sprouts
- Squash
- Sugar snap peas
- Swiss chard
- Tomato
- Turnip greens
- Turnips
- Water chestnuts
- Wax beans
- Zucchini

Starchy

- Beans
- Black-eyed peas
- Corn
- Green peas
- Lentils
- Lima beans
- Parsnip
- Plantain
- Potatoes
- Sweet Potatoes
- Winter Squash (acorn, butternut, pumpkin)

Grains

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Farro
- Millet
- Oats & oatmeal
- Quinoa
- Brown rice
- Rye
- Whole wheat (pasta, bread, cereal)
- Wild rice

Dairy

- Skim, 1%, lactose free, soy or almond milk fortified w/ calcium
- Low fat or fat free yogurt (compare amount of sugar)
- Low fat or fat free cheese & cottage cheese

Fruits

- Apples
- Apricots
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Dates
- Figs
- Grapes
- Grapefruit
- Honeydew
- Kiwi
- Kumquat
- Mango
- Melon
- Nectarine
- Oranges
- Papaya
- Peach
- Pear
- Plum
- Pineapple
- Pomegranate
- Raspberries
- Strawberries
- Watermelon