



MyPlate Grocery List

Protein

Choose more often:

- Unsalted nuts & seeds
- Beans, lentils & peas
- Tofu & soy products
- Eggs
- Low fat cheese or cottage cheese
- Fish (salmon, tuna, cod, catfish, etc.)
- 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
- Deli meats
- Processed Meats (sausage, bacon, hot dogs, salami)

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

Starches

Grains

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

Starchy Veggies

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

Fruit

- 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

Dairy

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



Snacks

- **KEEP IT LIGHT** if blood glucose is 130 or above.
- **BEFORE EXERCISING** grab a snack if blood glucose is <100 or if exercising for a long duration or high intensity.
- **ENERGY BOOSTING** snacks are for when blood glucose is 80-130 & you are hungry between meal times or have long periods of time between meals.



<5g KEEP IT LIGHT

- 15 almonds
- 3 celery sticks + 1 tbsp of peanut butter
- 5 baby carrots
- 5 cherry tomatoes + 1 tbsp ranch dressing
- 1 hard-boiled egg
- 1 cup cucumber slices + 1 tbsp ranch dressing
- ¼ cup of fresh blueberries
- 1 cup salad greens, ½ cup diced cucumber, drizzle of oil & vinegar
- 1 frozen sugar free popsicle
- 1 cup of light popcorn
- 2 whole wheat saltine crackers
- 10 gold-fish crackers
- ½ cup of sugar-free gelatin
- 1 low-fat string cheese
- 8 green olives
- 2 tbsp of pumpkin or sesame seeds
- ¼ of a whole avocado
- ½ cup tuna, chicken or egg salad (lite mayo or dijon mustard) in a lettuce leaf

30g BEFORE EXERCISING

- ½ peanut butter sandwich
- (1 slice whole wheat bread + 1 tbsp peanut butter) + 1 cup low fat milk
- 6 oz light yogurt + ¾ cup berries
- 1 English muffin + 1 tsp low-fat tub margarine
- ¾ cup whole grain, ready-to-eat cereal ½ cup ½ fat-free milk
- 1 medium banana + 1 tbsp peanut butter
- ½ cup tuna salad + 1 slice whole wheat bread + 1 cup low fat milk
- 1 large whole grain granola bar
- 1 english muffin or sandwich thin topped with tomato sauce, vegetables and low fat shredded mozzarella cheese

10- 20g ENERGY BOOST

- ¼ cup dried fruit and nut mix
- 1 cup chicken noodle soup, tomato soup (made with water), or vegetable soup
- 1 small apple or orange
- 3 cups light popcorn
- ⅓ cup hummus + 1 cup raw veggies
- ¼ cup cottage cheese + ½ cup canned or fresh fruit
- 1 quesadilla (6-inch corn/whole wheat tortilla + 1 oz shredded cheese) + ¼ cup salsa
- 2 rice cakes + 1 tbsp peanut butter
- 5 whole wheat crackers + 1 string cheese
- ½ turkey sandwich (1 slice whole wheat bread + 2 oz turkey + mustard)
- ½ cup tuna salad + 4 saltines

