

HeartWise Grocery List

Use this heart-healthy food list to make shopping a breeze. The list is based on the principles of a Mediterranean diet, a proven lifestyle approach to cardiovascular health, with menus that emphasize whole, fresh foods. Print the list and take it with you to the store to help keep you on track.

Vegetables and Fruits

Eat a wide variety of vegetables and fruits.

- All fresh vegetables, such as tomatoes, cabbage, broccoli, spinach
- Leafy greens for salads
- Frozen vegetables without added butter or sauces
- Canned vegetables, only if labeled low in sodium (salt)
- All fresh fruits, such as apples oranges, bananas, pears and peaches
- Frozen fruit without added sugar
- Canned fruit, only if labeled 100% juice (not syrup)

Whole-grains

For products with more than one ingredient, make sure whole-wheat or whole-grain is listed first (not "enriched").

- 100% whole-wheat bread
- Whole-grain breakfast cereals and whole oats
- Grains such as brown rice, barley, bulgur, couscous and quinoa
- Whole-wheat or whole-grain pasta
- Popcorn



Healthy Proteins

Eat legumes daily, fish and shellfish several times a week, up to four eggs weekly and lean cuts of meat occasionally.

- Beans, lentils, dried peas
- Hummus
- Fish, especially those rich in Omega-3 fatty acids (salmon, herring, sardines, albacore/white tuna, mackerel, trout, halibut)
- Eggs and egg substitutes
- Chicken and turkey breast without skin
- Tofu
- Lean, trimmed, unprocessed cuts of meat (round, top sirloin, tenderloin, extra lean ground beef)



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Healthy Fats

Avoid products with trans fats and saturated fat. Choose monounsaturated fats.

- Extra-virgin olive oil and canola, grape seed, avocado and sesame oils
- Non-stick cooking spray
- Unsalted nuts and seeds, nut butters
- Margarine and spreads with no trans fats
- Light or fat-free salad dressing and mayonnaise

Low-Fat Dairy

Look for fat-free or low-fat milk products.

- Fat-free or low-fat yogurt
- Fat-free or low-fat (1%) milk, soy milk or almond milk
- Cheese (3 grams of fat or less per serving)

Seasonings

Opt for healthy seasonings and avoid salt and sodium.

- Fresh and dried (salt-free) herbs and spices
- Vinegars
- Lemon, lime orange juice or zest
- Cinnamon
- Fresh ginger
- Dark chocolate

Beverages

- Water (eight or more glasses a day)
- Coffee and tea
- Red wine (only if you drink alcohol and in moderation)



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