

THE ULTIMATE

# GROCERY ITEMS

CHECKLIST

For healthy eating





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CHECKLIST

## FRUITS

### TOP TIP FOR CHOOSING FRESH FRUITS & VEGETABLES

To ensure the best taste and quality, inspect fruits and vegetables for any signs of bruising, overripeness, or damage before selecting them. The product you choose should be firm, have vibrant colour, and be free from any visible blemishes or mould, as these factors can affect freshness and taste.

### FRUITS

Buy locally and in-season fruits for better taste, optimal nutrients and environmental sustainability.

- Apples
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Honeydew melon
- Kiwifruit
- Mango
- Oranges
- Pineapples
- Peaches
- Pears
- Plums
- Papaya
- Raspberries
- Strawberries
- Watermelon

### FROZEN FRUITS

Did you know frozen fruits could be a better option for retaining nutrients than fresh fruits? This is because frozen fruits are picked at their peak ripeness and immediately frozen, which helps preserve their vitamins and minerals. By consuming frozen fruits, you can ensure that you receive the maximum nutritional benefits.

- Blueberries
- Mango chunks
- Mixed berries (strawberries, blueberries, raspberries, blackberries)
- Mixed tropical fruit (mango, pineapple, kiwi, papaya)
- Pineapple chunks
- Pitted cherries
- Raspberries
- Sliced bananas
- Sliced peaches
- Strawberries





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## FRUITS

### DRIED FRUITS

Dried fruits are naturally higher in sugar and calories than their fresh counterparts. It's important to be mindful of portion size to avoid excessive sugar intake.

- Apricots
- Cherries
- Cranberries
- Currants
- Dates
- Figs
- Prunes
- Raisins

### CANNED FRUITS

Canned fruits are convenient and have a longer shelf life, making them a practical choice for those with busy lifestyles or limited access to fresh produce. However, when choosing canned fruits, be aware of the potential drawbacks, such as added sugars from syrup and possible exposure to BPA from can linings. Opt for fruits packed in water instead of syrup to reduce added sugars, and look for BPA-free cans when possible.

- Fruit cocktail (a mix of peaches, pears, grapes, cherries, and pineapple)
- Mandarin oranges
- Peaches (sliced or halves)
- Pears (sliced or halves)
- Pineapple (chunks, slices, or crushed)





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## VEGETABLES

### FRESH VEGETABLES

To promote a diverse gut microbiome and support overall gut health, try incorporating at least five varieties of new vegetables into your weekly meals. This will expose you to a wide range of nutrients and encourage a more diverse and balanced diet for better overall health.

Buy locally and in-season vegetables for better taste, optimal nutrients and environmental sustainability.

- Asparagus
- Beets
- Bell Peppers (Green, Red, Yellow, Orange, etc.)
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage (Green, Red, Savoy, etc.)
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green Beans
- Kale
- Leeks
- Lettuce (Romaine, Iceberg, Butterhead, etc.)
- Onions (Yellow, Red, White, etc.)
- Peas
- Radishes
- Shallots
- Spinach
- Sweet Corn
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Yellow Squash
- Zucchini

### FROZEN VEGETABLES

Frozen vegetables offer several benefits, such as longer shelf life, convenience, and often lower cost than fresh vegetables. They can also be a great option for adding to smoothies, soups and stews as they provide extra nutrients, fibre, and a thick, creamy texture without altering the taste significantly, making it a convenient and healthy way to boost your daily vegetable intake.

- Broccoli florets
- Brussels sprouts
- Cauliflower florets
- Chopped spinach
- Diced bell peppers
- Edamame (soybeans)
- Green beans
- Mixed vegetables (peas, carrots, corn, green beans)
- Peas
- Sweet corn

### CANNED VEGETABLES

To lower your sodium intake, choose canned vegetables that have no added salt or are labelled low sodium. Before using them, drain and rinse them to reduce their sodium content even more.

- Beets
- Carrots
- Corn
- Green beans
- Peas



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## GRAINS

### WHOLE GRAINS

Whole grains offer numerous health benefits: They are rich in essential nutrients such as fibre, vitamins, and minerals. They may help with a reduced risk of chronic diseases, such as heart disease, type 2 diabetes, and certain types of cancer, as well as improved digestive health and better weight management.

#### \* GLUTEN-FREE OPTIONS

- \* Amaranth
- Barley
- \* Brown rice
- \* Buckwheat
- \* Bulgur
- \* Farro
- Oats (steel-cut, rolled)
- \* Quinoa
- \* Rye
- \* Spelt
- Whole grain bread
- Whole wheat pasta
- Whole grain tortillas
- \* Wild rice

### CEREALS

When choosing cereals, it's important to read the labels carefully and opt for those high in fibre and low in sugar. Look for cereals with a ratio of at least 10:1 between total carbohydrates and fibre, which indicates a healthier option with more whole grains and less added sugar.

- Bran flakes
- Corn flakes
- Granola
- Muesli
- Oatmeal
- Shredded wheat

### PASTA

Look for whole grain pasta options whenever possible, providing more nutrients, fibre, and health benefits than refined pasta. Check the ingredient list for whole grains, such as whole wheat, spelt, quinoa, or brown rice. Whole grain pasta offers a more wholesome and satisfying meal and supports better digestion and blood sugar.

- Farfalle (bow tie)
- Fettuccine
- Fusilli
- Lasagna
- Macaroni
- Spaghetti
- Orzo
- Penne
- Rigatoni
- Rotini



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## GRAINS

### RICE

When choosing rice, it's important to note that there isn't a significant nutritional difference between white and whole-grain rice. Whole grain rice offers slightly more fibre and nutrients, however, white rice may be easier to digest for some individuals, and choosing the right type of rice ultimately depends on your personal preferences and digestive needs.

- Arborio rice
- Basmati rice
- Black rice
- Brown rice
- Jasmine rice
- Long-grain rice
- Short-grain rice
- Sushi rice
- Wild rice

### BREAD

Choose whole grain or whole wheat bread for a healthier option. Check the ingredients list and opt for those with more whole grains and fewer added sugars. Adding nuts or seeds can provide even more nutrients. Real sourdough bread is also a great option as it's easier to digest.

- Baguettes
- Brioche
- Ciabatta
- Focaccia
- Multigrain bread
- Pumpernickel bread
- Rye bread
- Sourdough bread
- Whole wheat bread







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## PROTEIN

### MEATS

- Bacon
- Ground beef
- Ground lamb
- Ham
- Lamb chops
- Lamb shanks
- Pork chops
- Pork tenderloin
- Steak (sirloin, ribeye, filet mignon, etc.)

### POULTRY

- Chicken breast
- Chicken drumsticks
- Chicken thighs
- Chicken wings
- Duck breast
- Ground turkey
- Turkey breast
- Turkey tenderloin
- Whole chicken

### SEAFOOD

\* Lowest mercury options

- Albacore tuna
- \* Anchovy
- \* Canned "light" tuna
- \* Clams
- \* Cod
- \* Crab
- \* Salmon
- \*Haddock
- Halibut
- \*Lobster
- Mussels
- \*Oysters
- \*Sardines
- \* Scallops
- \* Shrimp
- \* Tilapia
- Yellowfin Tuna

### SOY

- Edamame (soybeans)
- Extra-firm tofu
- Firm tofu
- Miso paste
- Silken tofu
- Soy milk
- Soy yoghurt
- Tempeh





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## PROTEIN

### NUTS & SEEDS

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseeds
- Hazelnuts
- Hemp seeds
- Pecans
- Pistachios
- Pumpkin seeds (pepitas)
- Sunflower seeds
- Walnuts

### EGGS

British Lion Mark. The egg safety scheme introduced in 1998 to reduce cases of salmonella food poisoning caused by eggs. An excellent option for pregnancy or people who are vulnerable to infection through food poisoning.

- British Lion stamp
- Caged
- Egg whites
- Free-range
- Free run
- Liquid egg substitute
- Omega-3 enriched
- Organic

### LEGUMES

Dried legumes require soaking before cooking to make them easier to digest. Canned legumes are convenient and readily available. There are pros and cons to both options. Dried legumes are typically less expensive and have a longer shelf life.

Canned legumes are already cooked and ready to use, making them a time-saving option, but they can be higher in sodium and may lack the depth of flavour that comes with cooking from scratch. Ultimately, it comes down to personal preference and what works best for your needs and cooking style.

- Black beans
- Black-eyed peas
- Chickpeas (garbanzo beans)
- Edamame (soybeans)
- Green lentils
- Kidney beans
- Navy beans
- Pinto beans
- Red lentils





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## DAIRY

### PLEASE NOTE

Non-dairy options are included in this section. Please note that dairy alternatives like almond, soy, and oat milk may not provide the same nutrients as cow's milk.

### MILK

- Whole milk
- Skim milk
- 2% milk
- Lactose-free milk
- Almond milk (dairy alternative)
- Cashew milk (dairy alternative)
- Soy milk (dairy alternative)
- Oat milk (dairy alternative)

### YOGHURT/KEFIR

- Greek plain yoghurt
- Regular plain yoghurt
- Coconut yoghurt (unsweetened)
- Kefir (unsweetened)
- Coconut kefir (unsweetened)

### CHEESE

- Brie
- Cheddar
- Cottage
- Cream
- Feta
- Gouda
- Mozzarella
- Parmesan
- Ricotta
- Swiss





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## OTHER

### FATS & OILS

- Almond oil
- Butter
- Canola oil
- Cold-pressed coconut oil (unrefined)
- Extra virgin olive oil
- Flaxseed oil
- Ghee
- Sesame oil
- Sunflower oil
- Walnut oil

### BAKING

These ingredients are commonly used in healthier baking recipes for creating bread, cakes, cookies, and other baked goods.

- Almond flour
- Baking powder
- Baking soda
- Cacao powder
- Chocolate chips
- Coconut flakes
- Cornmeal
- Cornstarch
- Dried fruits
- Enriched flour
- Graham cracker crumbs
- Honey
- Maple Syrup
- Oats
- Vanilla extract
- Whole wheat flour
- Yeast

(raisins, apricots, cranberries, etc.)

### HERBS & SPICES

You can use these dried herbs and spices to add flavour to your dishes. While also benefiting from their antioxidant properties that promote good health.

- Allspice
- Basil
- Bay leaves
- Cardamom
- Cayenne pepper
- Chilli powder
- Cilantro
- Cinnamon
- Cloves
- Coriander/Cilantro
- Cumin
- Dill
- Fennel seeds
- Garlic powder
- Ginger
- Nutmeg
- Oregano
- Paprika
- Rosemary
- Thyme

### CONDIMENTS & SAUCES

Healthier options to add variety and flavour to your meals.

- Apple cider vinegar
- Balsamic vinegar
- Chutney
- Guacamole
- Hot sauce
- Hummus
- Mustard
- Pesto
- Salsa
- Tamari