



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# GROCERY SHOPPING MADE EASY

A well-stocked kitchen can help you prepare nutritious meals quickly and easily. Even if you are not a planner, when you have healthy food choices in your home it's a lot easier to make healthy meals in a hurry. This list is a great place to help you start stocking a healthy kitchen! Remember to incorporate good-for-you foods from each food group.

- ### FRUITS
- Apples
  - Bananas
  - Berries: blueberries, raspberries, strawberries
  - Citrus: grapefruit, oranges or clementines, lemons,
  - Dried fruit: cranberries, raisins, mangoes, dates
  - Grapes
  - Kiwi
  - Pineapple
  - Melon: cantaloupe, watermelon, honeydew
  - Peaches, plums, pears
  - Canned fruit in 100% juice

- ### VEGETABLES
- Broccoli
  - Carrots
  - Cauliflower
  - Celery
  - Corn
  - Green beans
  - Mushrooms
  - Onions
  - Bell peppers
  - Potatoes, russet or sweet
  - Sugar snap peas
  - Squash and zucchini
  - Tomatoes
  - Leafy greens: try Romaine, spinach, or kale
  - Choose fresh, frozen, or canned vegetables without added salt and fat when possible

- ### PROTEIN
- Beans: black, garbanzo, kidney, pinto, refried, etc.
  - Ground beef (look for at least 90% lean)
  - Chicken: skinless, chicken breast, legs, or thighs
  - Eggs
  - Hummus
  - Lentils
  - Fish: tuna, tilapia, and salmon
  - Nuts: almonds, pecans, walnuts, pistachios
  - Peanut butter or other nut butters
  - Pork: loin, chops, or roasts
  - Soy: edamame or tofu

- ### GRAINS
- Whole grain cereal
  - Quick-cook oats/oatmeal
  - Bread, English Muffins, mini bagels, 100% whole wheat
  - Whole grain crackers
  - Quinoa
  - Plain or light popcorn
  - Rice, brown
  - Tortillas, whole grain or corn
  - Millet
  - Pasta, whole grain

- ### DAIRY
- Milk, 1% or skim
  - Cheddar and mozzarella cheese, 'reduced fat' or 'made with 2% milk'
  - Cottage cheese, 1% or fat-free
  - String cheese
  - Yogurt, 0% fat (look for lower sugar options)

### FOODS FOR HEALTHY WEIGHT GAIN\*

\*Some athletes have the goal of increased weight for competition. For these individuals, focus should be on balanced meals and snacks rich in carbohydrate and moderate in lean protein and fat.

\*Increasing overall intake by 300-500 calories daily through extra snacks or increased portion sizes may be helpful. Aim for these extra calories to come from calorie dense foods that *also* pack a nutrition punch!

A few nutrient-rich/calorie-rich snack ideas are below:

- Flavored milk or 2% milk
- Nut butters and crackers or fruit
- Trail mixes made of dried fruit and nuts
- Fruit yogurt and granola
- Crackers and string cheese
- Avocado slices, salsa, and tortilla chips
- 2% cottage cheese and peaches

\*Contact a registered dietitian for a *personalized* plan.

