

SHOP SMART & FILL UP YOUR CART!

Your Healthy Shopping List



This list of our Top 50 Favorites will **help you load your grocery cart in a way that's right for you** and addresses your particular needs and concerns, such as **healthy weight loss**.

CHOOSE A VARIETY THAT IS:


-  low sodium
-  no salt added
-  non-fat
-  sugar free

PROMOTES:



-  lowers cholesterol

1. Have your meals planned out ahead of time
2. Keep track of what goes into your cart by using check boxes
3. Know what foods to avoid before you start shopping

GREAT FOR WEIGHT LOSS & CONTROLLING DIABETES






Fruits & Vegetables

- Vegetables 
- Fruits 












Tomato Products

-   Pasta sauce (Marinara or Tomato)
-  Tomato paste/puree
-  Salsa
-  Canned tomatoes





Beans & Legumes

- Dried beans & legumes: no seasoning packets 
-   Canned beans & legumes 
-   Health Valley Organic Bean Chili 
- Engine 2 Assorted Variety Bean and Grain Burgers 






Whole Grains

-  Cous Cous: 100% whole wheat, no seasoning packet
- Rice: brown, whole grain or wild
- Quinoa
- Farro: 100 % whole grain
- Cornmeal: whole grain, no grits
- Flour: 100% whole grain









Hot Cereals

- Oatmeal (Irish Oats, Steel Cut, Old Fashioned, Quick Cooking, Instant): plain, unflavored 
- Cream of Brown Rice
- Whole grain/multigrain hot cereals 










Dairy Products & Substitutes

- Soy milk (Vanilla or plain): unsweetened 
- Dairy milk: non-fat skim or evaporated skim
-   Yogurt (plain or flavored)
-   Cottage cheese
-  Ricotta cheese
- Parmesan cheese: use as a condiment
- Reduced fat & soy veggie based cheeses
-   Sour cream: use as a condiment




Dips, Dressings & Condiments

- Pritikin Salad Dressing: order from www.pritikin.com
-   Salad dressings
-  Hummus: no added oil 
-  Vinegar
-  Ketchup
-  Mustard






Desserts

-  Popsicles: no sugar added
-   Jello gelatin & pudding desserts



Bread Products

-  Bread: 100% whole grain, 100% sprouted grain, no hydrogenated fat
-  Pita, wraps, bagels: 100% whole wheat
-  Bread crumbs: 100% whole wheat



Animal & Seafood Protein & Substitutes

- Egg whites
- Tuna & salmon (if canned- very low sodium)
- Shellfish (fresh or no sauce added frozen)
- Chicken & turkey breast
- or Deli meats: chicken and turkey
- Tofu, tempeh, TVP: plain, any texture

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Spices, Herbs & Extracts

- Any Variety of Extracts (Vanilla Bean, etc)
- Spices & Herbs



Snack Foods

- Popcorn
- Baked Tortilla chips



There is so much conflicting information out there, that we have also taken an extra step and provided you with 3 Top 10 lists on **what to AVOID if you have specific health concerns.**

LOWERING CHOLESTEROL & REVERSING HEART DISEASE: AVOID THE FOLLOWING FOODS!

- Beef
- Lamb
- Pork
- Bacon
- Dark meat chicken & turkey
- Egg yolks: use egg whites instead
- Regular or low fat cream cheese: use fat-free instead
- Butter/margarine
- Butter/margarine substitutes: this includes oil based spreads
- Coconuts & coconut oil



LOWERING BLOOD PRESSURE: AVOID THE FOLLOWING FOODS!

- Soup
- Frozen entrees (order meals from www.pritikin.com instead)
- Salad dressing
- Soy sauce
- Pickles & olives
- Capers
- Bread
- Crackers
- Seasoning mixes
- Canned food



IF YOU'RE TRYING TO LOSE WEIGHT: AVOID THE FOLLOWING FOODS!

- Avocado
- Nuts
- Nut butters: this includes peanut butter, almond butter, etc
- Any oil: this includes olive oil
- Cold cereal
- Rice cakes
- Crackers
- Pretzels
- Tortilla chips & rice crackers
- Desserts: this includes cake, cookies, candies, ice cream, etc.



Although the items on this shopping list are all Pritikin approved, some foods are better for some people than others are, and some foods are not for everyone.

This is just the tip of the iceberg, and there are a lot more foods out there that you can eat while still adhering to the **Pritikin Eating Plan.**

Visit Pritikin.com for some delicious and healthy recipes!

