

SHOP SMART & FILL UP YOUR CART!

For Controlling Hypertension



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 **high blood pressure**.

TIP:

A great rule of thumb for sodium intake is to limit the sodium in milligrams to no more than the number of calories in each serving. 1 to 1 ratio.

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 HYPERTENSION

Fruits & Vegetables

- Vegetables ♥
- Fruits ♥

Beans & Legumes

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

Hot Cereals

- Oatmeal (Irish oats, steel cut, old fashioned, quick cooking, instant): plain, unflavored ♥
- Cream of brown rice
- Whole grain/multigrain hot cereals ♥

Dips, Dressings & Condiments

- Pritikin Salad Dressing: order from www.pritikin.com
- Salad dressings: low fat, low sodium
- Hummus: low sodium, no added oil ♥
- Vinegar - no salt added, sugar free
- Ketchup - no salt added, sugar free
- Mustard - no salt added

Desserts

- Popsicles: no sugar added
- Jello gelatin - sugar free

Tomato Products

- Pasta sauce (marinara or tomato) - no salt added
- Tomato paste/puree - no salt added
- Salsa - no salt added
- Canned tomatoes - no salt added

Whole Grains

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

Dairy Products & Substitutes

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

Bread Products

- Bread: 100% whole grain, 100% sprouted grain, no partially hydrogenated fat - low sodium
- Pita, wraps, bagels: 100% whole wheat - no salt added
- Bread crumbs: 100% whole wheat - no salt added



Animal & Seafood Protein & Substitutes

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

TIP:

Check the ingredients list. Other words for salt are: sodium, rock salt, sea salt

PROMOTES:

lowers cholesterol



Spices, Herbs & Extracts

- Any variety of extracts (vanilla bean, etc)
- Spices & herbs no salt added, look for no salt in the ingredients



Snack Foods

- Popcorn - no salt added
- Baked tortilla chips - no salt added



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.**

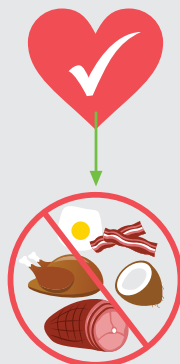
LOWERING BLOOD PRESSURE: AVOID THE FOLLOWING FOODS!

- Regular soups (often high in salt)
- Frozen entrees (order meals from www.pritikin.com instead)
- Regular salad dressings (often high in salt)
- Soy sauce
- Pickles, olives and capers
- Regular bread and regular crackers (often high in salt)
- Seasoning mixes
- Regular canned food (often high in salt)
- Salty snacks (pretzels, chips, etc)
- Bacon



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 cheese: use fat-free instead
- Butter/margarine
- Butter/margarine substitutes: this includes oil based spreads
- Coconuts & coconut oil



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!

