



Dried Fruit:

- Raisins/dried fruit (these tend to be higher in calories than fresh fruit)
- _____

Beans and Legumes (if canned, no-salt-added)

- Lentils
- Black beans
- Red beans (kidney beans)
- Navy beans
- Black beans
- Pinto beans
- Black-eyed peas
- Fava beans
- Italian white beans
- Great white northern beans
- Chickpeas (garbanzo beans)
- Dried beans, peas, and lentils (without flavoring packets)
- _____

Baking Items

- Whole grain flour
- Sugar (unrefined, brown or other)
- Imitation butter (flakes or buds)
- Non-stick cooking spray
- Canned evaporated milk— fat-free (skim) or reduced fat (2%)
- Non-fat dry milk powder
- Cocoa powder, unsweetened
- Baking powder
- Baking soda
- Cornstarch
- Unflavored gelatin
- Gelatin, any flavor (reduced calorie)
- Pudding mixes (reduced calorie)
- Angel food cake mix
- _____

Condiments, Sauces, Seasonings, and Spreads

- Fat-free or low-fat salad dressings
- Mustard (Dijon, etc.)
- Ketchup
- Barbecue sauce
- Jam, jelly, or honey
- Spices
- Flavored vinegars
- Hoisin sauce and plum sauce
- Salsa or picante sauce
- Canned green chilies
- Soy sauce (low-sodium)
- Bouillon cubes/granules (low-sodium)
- _____

Beverages

- Milk (Skim, 1% or 2%)
- No-calorie drink mixes
- Unsweetened juices
- Unsweetened iced tea
- Carbonated water
- Water
- _____

Nuts and Seeds (unsalted)

- Almonds
- Mixed nuts
- Peanuts
- Walnuts
- Sesame seeds
- Pumpkin seeds
- Sunflower seeds
- Cashews
- Pecans
- _____

Fats and Oils

- Soft (tub) margarine (no trans fat)
- Mayonnaise, low-fat
- Canola oil
- Corn oil
- Olive oil
- Safflower oil
- _____

For more information on healthy eating, visit www.mypyramid.gov

Source: U.S. Departments of Health and Human Services and Agriculture. Dietary Guidelines for Americans 2005. (www.healthierus.gov/dietaryguidelines/)

This information is not intended as a substitute for medical care. Your doctor or nutritionist may provide a dietary program that is right for you or the members of your family.

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My Shopping List

Make a shopping list. Include the items you need for your menus and any low-calorie basics you need to restock in your kitchen





Dairy Case

- Fat-free (skim) or low-fat (1%) milk
- Low-fat or reduced fat cottage cheese
- Fat-free cottage cheese
- Low-fat or reduced fat cheeses
- Fat-free or low-fat yogurt
- Light or diet margarine (tub, squeeze, or spray)
- Fat-free or reduced fat sour cream
- Fat-free cream cheese
- Eggs/egg substitute _____

Breads, Muffins, and Rolls

- Whole grain bagels, english muffins or pita bread
- Whole grain breads (whole wheat, rye, pumpernickel, multi-grain, or raisin)
- Corn tortillas (not fried)
- Low-fat flour tortillas
- Fat-free biscuit mix
- _____

Cereals, Crackers, Rice, Noodles, and Pasta

- Whole grain cereal, dry or cooked
- Saltines, soda crackers (low-sodium or unsalted tops)
- Graham crackers
- Other low-fat crackers
- Rice (brown, wild, etc.)
- Whole grain pasta (noodles, spaghetti)
- Bulgur, couscous, or kasha
- Potato mixes (made without fat)
- Wheat mixes (pancakes, waffles)
- Tabouli grain salad
- Hominy
- Polenta
- Polvillo
- Hominy grits
- Quinoa
- Millet
- Aramant
- Oatmeal
- Popcorn, lowfat
- Pretzels, plain
- _____

Vegetables

Fresh and Frozen Vegetables:

- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Bokchoy
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chillies
- Chinese celery
- Corn
- Cucumber
- Eggplant
- Grape leaves
- Green beans
- Green peppers
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Napa cabbage
- Okra
- Onions
- Peas
- Potatoes
- Rhubarb
- Spinach
- Seaweed
- Squash
- Sweet Potatoes
- Tomatoes
- _____

Canned Vegetables

(low-sodium or no-salt-added):

- Canned tomatoes
- Tomato sauce or pasta sauce
- Other canned vegetables
- Canned vegetable soup, reduced sodium
- _____



Meat Case

- White meat chicken and turkey (skin off)
- Fish (Cod, Flounder, Salmon, etc.)
- Lean cut of beef (round, sirloin)
- Extra lean ground beef or buffalo
- Pork tenderloin
- 95% fat-free lunch meats or low-fat deli meats
- _____

Meat Equivalents:

- Tofu (or bean curd)
- Beans (see bean list)
- Eggs/egg substitutes (see dairy list)
- _____

Fruit

Fresh and Frozen Fruit:

- Apples
- Apricots
- Bananas
- Blueberries
- Cherries
- Currants
- Dried Fruits
- Figs
- Grapefruit
- Grapes
- Guava
- Kiwi
- Lemons
- Limes
- Litchi nuts
- Mangoes
- Melons
- Olives
- Oranges
- Papaya
- Peaches
- Pears
- Persimmons
- Plantains
- Plums
- Pomegranates
- Quinces
- Raspberries
- Starfruit
- Strawberries
- Winter melons
- Zapote
- 100% fruit juice
- _____



Canned Fruit (in low sugar, juice or water):

- Applesauce
- Canned pineapple
- Other canned fruits (mixed or plain)
- _____