

SHOPPING SMART LIST Janet Potts, RD, LD

<u>PRODUCE</u>	<u>BAKERY</u>	<u>PASTA/RICE</u>	<u>MEAT/POULTRY/FISH</u>	<u>BAKING NEEDS</u>	<u>CEREAL</u>	<u>HOUSEHOLD</u>
Fruit:	Bagels	Fettuccini	Bacon, turkey	Baking powder or soda	Cold cereal, type:	Batteries
Avocado	Bread	Macaroni	Beef	Bread crumbs		Bleach
Apples	Buns	Pasta Sauce	Chicken	Cocoa		Charcoal
Bananas	Cookies	Penne	Eggs	Convenience mixes:		Cleaning supplies
Berries	Muffins	Rice	Fish	Brownies	Hot cereal, type:	Dish/dishwasher soap
Grapefruit	Pitas	Spaghetti	Ground beef or turkey	Cake		Furniture polish
Grapes	Rolls	Twirls	Ham	Cornbread		Insect spray
Kiwi	Other:	Other:	Low-fat smoked sausage	Other:	Other:	Laundry soap
Lemons/limes	Other:		Lunchmeat	Evaporated milk		Light bulbs
Melon		<u>CANNED/DRIED</u>	Pork chops or loin	Flour:	<u>BEVERAGES</u>	Napkins
Nectarines/peaches	<u>CHEESE/DAIRY</u>	Beans:	Steak	Bread	Coffee/coffee filters	Paper towels
Oranges	Cheese, low-fat brick	Baked	Seafood	White	Juice, type:	Plastic wrap or foil
Pears	Cheese, low-fat sliced	Black	Turkey	Whole wheat		Sandwich bags
Plums	Cheese, low-fat shreds	Kidney	Other:	Marshmallows	Soda	Sponges/scrubbers
Other:	Cottage cheese, low-fat	Pinto	Other:	Nuts	Tea	Spray starch
Other:	Cream cheese, fat-free	Fruits:		Oil: canola or olive		Toothpicks
Vegetables:	Margarine, trans fat-free	Applesauce	<u>SNACKS</u>	Pie shells	<u>FROZEN FOODS</u>	Trash bags
Broccoli	Milk, fat-free or 1%	Mandarin oranges	Candy	Pudding mix	Fruits, type:	Wax paper
Bean sprouts	Sour cream, fat-free	Pineapple	Chips	Spices, type:		Zip-top bags
Cabbage	Yogurt	Other:	Cookies	Sugar:		Other:
Carrots	Other:	Soups:	Crackers	Brown	Ice cream/treats	
Cauliflower	Other:	Bouillon/broth	Graham crackers	Powdered	Pizza	<u>HEALTH/BEAUTY</u>
Celery		Broth type	Granola bars	White	Vegetables, type:	Bandages
Corn	<u>DELI</u>	Cream type, low-fat	Nuts	Yeast		Cosmetics
Cucumber	Low-fat luncheon meat	Mix	Popcorn	Other:		Deodorant/Antiperspirant
Garlic	Low-fat hot dogs	Other:	Pretzels		Veggie burgers	Hairspray
Herbs	Specialty cheese	Tomatoes	Pudding	<u>SPREADS/CONDIMENTS</u>		Medicine
Leaf lettuce/greens	Other:	Tuna	Rice cakes	BBQ sauce	<u>BABY SUPPLIES</u>	Mouthwash
Mushrooms	Other:	Other:	Other:	Croutons	Baby food	Personal Care
Onions		Other:		Jam/Jelly	Diapers	Razors
Peppers	<u>ETHNIC</u>	Other:	<u>PARTY/OFFICE</u>	Ketchup	Wipes	Shampoo/conditioner
Potatoes, sweet	Enchilada sauce		Copy paper	Mayonnaise, fat-free	Other:	Shaving cream
Potatoes, white/red	Green chilies	<u>DRIED FRUIT</u>	Envelopes	Mustard		Soap
Spinach	Refried beans	Cherries	Glue	Peanut butter	<u>PET SUPPLIES</u>	Sunscreen
Squash	Salsa	Cranberries	Greeting cards	Salad dressing	Cat food	Tissues/toilet paper
Tomatoes	Soy sauce	Dates	Notepaper	Sauce mix	Cat litter	Toothpaste/floss
Zucchini	Sweet/sour sauce	Figs	Tape	Steak sauce	Dog food	Other:
Other:	Water chestnuts	Raisins	Wrapping paper	Syrup, light	Treats	Other:
Other:	Other:	Other:	Other:	Vinegar	Other:	Other: