

HEART-HEALTHY GROCERY LIST



Make shopping for your heart a no-brainer

Download this sample grocery list so you can have it with you every shopping trip.

- Leafy greens like spinach, kale or Swiss chard
- Fruit like berries, apples or oranges
- Colorful vegetables like broccoli, green beans or carrots
- Starchy vegetables like potatoes or sweet potatoes
- Brown rice, quinoa or whole-grain bread
- Fiber-packed legumes like black beans or lentils
- Salmon, low-sodium tuna, ground turkey or skinless chicken
- Low-fat milk, yogurt or cheese
- Almonds, walnuts, chia or flax seeds
- Olive oil or canola oil

Tip:

Look for “low sodium” on the labels of canned beans and vegetables.



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