



**Activity Title: CREATE A HEALTHY GROCERY LIST**  
**Activity Type: Individual**  
**Duration: One week**  
**Point Value: 25 points**

### **Description**

Good nutrition starts with the choices that we make when we shop. Healthy food choices can only be made when healthy food is available. A healthy food shopping list not only ensures that you have healthy food to eat, but it also serves as a planning guide that helps save time and money. **CREATE A HEALTHY GROCERY LIST** helps people to make nutritional food choices. A number of excellent tools are included in the resources below. While downloadable lists and forms can make this activity very easy to accomplish, participants are to be encouraged to give serious thought to a healthy diet and the foods that could contribute to it.

Employees are to create their own healthy foods list during the weeklong activity and earn points when it is completed. Consider inviting a local food expert to speak on the topic at work, or arrange for the person to give a “nutritional tour” at a local grocery store. Have a team create a healthy grocery list and food vendor list to guide decision-making whenever food needs to be purchased for work-related functions.

### **How It Works**

1. Establish incentives, if any, for points earned during the activity.
2. Share the activity description and resources with employees.
3. Communicate before and during the activity, using the resources, health information and quotes provided. Emails, social media postings, posters and communication from management can be effective in promoting participation.
4. Once people complete their healthy grocery list, they should enter points earned on the **Grocery Shopping List Scoreboard**.
5. Award points and/or hold a raffle for everyone who completed the activity.
6. Invite people to complete the **Activity Survey** and share what they learned.

### **Wellness Benefits**

- Provides a plan that ensure good nutrition for all family members
- Encourages excellent health
- Decreases unhealthy food cravings
- Combats weight gain
- Saves people time and money by planning and avoiding impulse buying



## **Measureable Outcomes**

- Did people report that they learned something valuable from this activity?
- Did people report that they created a healthy grocery list for the first time?
- Did people report that they plan to make lifestyle changes because of this activity?

## **Resources**

About.com Nutrition (nutrition.about.com)

"How to Make a Grocery Shopping List"

Link: <http://nutrition.about.com/od/healthysopping/a/groceryshoplist.htm>

American Heart Association (checkmark.heart.org)

"My Grocery List"

Link: <http://checkmark.heart.org>

BodyBuilding.com (bodybuilding.com)

"A Healthy Grocery Shopping List"

Link: <http://www.bodybuilding.com/fun/stella9.htm>

Doctor Oz.com (doctoroz.com)

"The 100 Foods Dr. Oz Wants in Your Shopping Cart"

Link: <http://www.doctoroz.com/videos/100-foods-dr-oz-wants-your-shopping-cart>

Eating Well (eatingwell.com)

"7-Day Budget-Friendly Menu Plan & Shopping List"

Link:

[http://www.eatingwell.com/healthy\\_cooking/budget\\_cooking/7\\_day\\_budget\\_friendly\\_menu\\_plan\\_shopping\\_list](http://www.eatingwell.com/healthy_cooking/budget_cooking/7_day_budget_friendly_menu_plan_shopping_list)

Fitness Magazine.com (fitnessmagazine.com)

"The Fitness dollar Menu: Healthy Foods on a Budget"

Link: <http://www.fitnessmagazine.com/recipes/healthy-eating/smart-shopping/the-fitness-dollar-menu-budget-friendly-groceries/>

"Healthy Eating Planner: 31 Days of Superfoods"

Link: <http://www.fitnessmagazine.com/recipes/healthy-eating/nutrition/healthy-eating-planner-31-days-of-superfoods/?page=3>

HealthyGroceryList.com

Select a recipe and receive a list of healthy ingredients and directions to make it.

Link: <http://www.healthygrocerylist.com/RecipeDisplayPage?RECIPEID=319>

Livestrong.com

"Groceries List For Diabetics"

Link: <http://www.livestrong.com/article/68786-groceries-list-diabetics/>

MedicineNet.com

"10 Tips for Healthy Grocery Shopping"

Link: <http://www.medicinenet.com/script/main/art.asp?articlekey=62203>

National Heart Lung and Blood Institute (nhlbi.nih.gov)

"Tipsheet: Healthy Eating Starts With Healthy Food Shopping"

Link: [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/shop.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/shop.htm)

Nutrition.gov

"Build a Healthy Diet with Smart Shopping"

Link: <http://www.nutrition.gov/shopping-cooking-meal-planning/food-shopping-and-meal-planning/build-healthy-diet-smart-shopping>



### **Resources continued**

Oprah.com

“The Ultimate Grocery List”

Link: <http://www.oprah.com/food/The-Ultimate-Grocery-List>

Real Jock.com (realjock.com)

“Stock Smart” A Grocery List for Healthier Eating”

Link: <http://www.realjock.com/article/1087>

Shape.com

“The Ultimate Healthy Grocery List”

Link: <http://www.shape.com/healthy-eating/diet-tips/ultimate-healthy-grocery-list>

Sharecare.com

“Your Diabetic Food Shopping List”

Link: <http://www.sharecare.com/health/type-2-diabetes/article/diabetic-food>

sparkpeople.com

“83 Cheap, Healthy Foods for Meals in Minutes”

Link:

[http://www.sparkpeople.com/blog/blog.asp?post=83\\_cheap\\_healthy\\_foods\\_for\\_meals\\_in\\_minutes](http://www.sparkpeople.com/blog/blog.asp?post=83_cheap_healthy_foods_for_meals_in_minutes)

“Meal Planning Made Simple – 4 Steps to Plan Meals and a Healthy Grocery List

Link: [http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=1485](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1485)

U.S. Department of Agriculture – ChooseMyPlate.gov (choosemyplate.gov)

“Healthy Eating on a Budget”

Link: <http://www.choosemyplate.gov/healthy-eating-on-budget.html>

U.S. Department of Health & Human Services (healthfinder.gov)

“Heart Healthy Foods: Shopping List”

Link: <http://healthfinder.gov/prevention/ViewTool.aspx?toolId=2>

WebMD (webmd.com)

“10 Tips for Healthy Grocery Shopping”

Link: <http://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping>

“15 Healthy Foods for About \$2”

Link: <http://www.webmd.com/food-recipes/features/cheap-healthy-15-nutritious-foods-about-2-dollars>

“Healthy Shopping Guide & List”

Link: <http://www.webmd.com/diet/printable/healthy-grocery-shopping-list>

“Make a Healthy Grocery List in Minutes”

Link: <http://www.webmd.com/food-recipes/guide/grocery-list>

Women’s Health Magazine (womenshealthmag.com)

“Grocery Shopping List From WH”

Link: <http://www.womenshealthmag.com/nutrition/daily-fix-groceries>

### **Additional Ideas**

1. Focus each day on a particular food group, or section of the grocery store. Provide speakers to share information each day and assist in developing the grocery list.
2. Invite a chef to give a healthy cooking demonstration.
3. Invite a food expert to demonstrate how to juice and make smoothies.



### **Additional Ideas continued**

4. Provide information on popular food television shows.
5. Host a “Healthy Foods Tour” at a local grocery store.
6. Invite a local supermarket to provide instruction on healthy food.
7. Develop a cost comparison sheet that provides regularly updated prices of popular healthy foods at local stores.
8. Customize “Healthy Grocery List” templates for local grocery stores.

### **One-Day Challenges**

1. “Soup Recipe Challenge” – share your favorite soup recipe with colleagues. Provide samples to make it even more popular. Host similar challenges for salads, juicing, smoothies and desserts.
2. “Share a Recipe Challenge” – prepare and share a favorite recipe.
3. “Weekly Recipe Plan Challenge” – develop and share a weekly healthy meal plan.
4. “Eat-5-A-Day Today Challenge” – eat 5 servings of fruits and/or vegetables.
5. “Eat a Healthy Breakfast Challenge” – start the day off with a breakfast that contains: whole grains, low-fat protein, low-fat dairy and/or fruits and vegetables.
6. “Snack Healthy Challenge” – share a healthy snack.
7. “Go Nuts! Challenge” – bring in your favorite nut snack and participate in a nut tasting.
8. “Vegetable Challenge” – prepare and share your favorite vegetable, or eat one that you are not familiar with
9. “Fruit Challenge” – prepare and share your favorite fruit, or eat one that you are not familiar with
10. “Dairy Challenge” – provide dairy products for people to taste that they may not be familiar with, e.g., soy or almond milk, Greek yogurt, different kinds of cheese, etc.
11. “Breads, Cereals and Grains Challenge” – provide various breads, cereals and grains for people to taste that they may not be familiar with
12. “Blind Nuts Challenge” – host a blind taste test of different kinds of nuts

### **Quotes**

1. *“We incorporated new tastes and flavors into our kids’ diets from a very early age, which helped to develop their palates and prevented them from becoming picky eaters. We don’t buy junk food and give them options of fresh fruit, yogurt, raw almonds, or dried whole grain cereals for snack time.”* – Cat Cora, American Professional Chef – “Iron Chef” on the Food Network TV Show
2. *“I know that when I get stressed, I want to eat junk food. So now I just know - 'I'm stressed, I want to eat junk food, so I'm going to go work out instead, or eat something healthy.' It really works.”* – Cara Castronuova, 2-Time Golden Gloves Winner, Trainer on The Biggest Loser
3. *“Nobody had ever told me junk food was bad for me. Four years of medical school, and four years of internship and residency, and I never thought anything was wrong with eating sweet rolls and doughnuts, and potatoes, and bread, and sweets.”* – Robert Atkins, American Physician and Cardiologist, Creator of the Atkins Diet



### **Quotes continued**

4. *"I was eating bad stuff. Lots of sugar and carbs, junk food all the time. It makes you very irritated."* – Avril Lavigne, Canadian Singer-Songwriter
5. *"Man seeks to change the foods available in nature to suit his tastes, thereby putting an end to the very essence of life contained in them."* – Sai Baba, Indian Guru
6. *"Foods high in bad fats, sugar and chemicals are directly linked to many negative emotions, whereas whole, natural foods rich in nutrients - foods such as fruits, vegetables, grains and legumes - contribute to greater energy and positive emotions."* – Marilu Henner, American Actress
7. *"I'm not asking any of you to make drastic changes to every single one of your recipes or to totally change the way you do business. But what I am asking is that you consider reformulating your menu in pragmatic and incremental ways to create healthier versions of the foods that we all love."* – Michelle Obama
8. *"If we can get people to focus on fruits and vegetables and more healthy foods, we'll be better in terms of our healthcare situation."* – Tom Vilsack, Former Governor of Iowa and U.S. Secretary of Agriculture since 2009
9. *"There's cleanliness to how I eat now. I'm much more in tune with my body, so now that I'm so in tune based on having become a semivegan, I can tell what foods affect energy levels. I can tell when I've been eating particularly high nutrient foods or I can tell when my glycemic levels are all over the place."* – Alanis Morissette, Canadian-American Singer-Songwriter
10. *"You want to be skinny and have a good body? You have to work out every day and say no to certain foods."* – Shakira, Colombian-Born Singer-Songwriter
11. *"With the chronic obesity in America, it's more important than ever to not only feed kids healthy foods but to teach them how to make healthy choices on their own."* – Jennie Garth, American Actress and Film Director
12. *"When you go to the grocery store, you find that the cheapest calories are the ones that are going to make you the fattest - the added sugars and fats in processed foods."* – Michael Pollan, American author, journalist, activist, and professor of journalism at the UC Berkeley Graduate School of Journalism
13. *"Many of the genetically modified foods will be safe, I'm sure. Will most of them be safe? Nobody knows."* – Jeremy Rifkin, Economic and Social Theorist, Writer, Public Speaker, Political Advisor and Activist
14. *"I can't cook! It's genetic. My grandmother can't cook, my mother can't cook. I was raised to believe you eat because your body needs fuel for energy, so I eat super foods."* – Jada Pinkett Smith, American Actress, Singer-Songwriter
15. *"Everyone prefers some foods over others, but some adults take this tendency to an extreme. These people tend to prefer the kinds of bland food they may have enjoyed as children - such as plain or buttered pasta, macaroni and cheese, cheese pizza, French fries and grilled cheese sandwiches - and to restrict their eating to just a few dishes."* – Andrew Weil, Teacher and Writer on Holistic Health. He is Founder, Professor, and Director of the Arizona Center for Integrative Medicine at the University of Arizona
16. *"With all of the holiday cheer in the air, it's easy to overlook the ingredients in the foods. Ingredients such as salt, sugar, and fat - all of which leads to diseases such as high blood pressure, diabetes, strokes, heart disease, and cancer."* – Lee Haney, American Winner of 8 Mr. Olympia Bodybuilding Titles



### **Quotes continued**

17. *"I'm really trying to respond to the foods that are in the stores and just pulling the things that are the very best and cook what looks beautiful and is seasonal. That's the way to go. I love going to the grocery store and the market. None of it's drudgery for me. Washing dishes is the drudgery."* – Ted Allen, American Writer, Cookbook Author, and TV Personality
18. *"I don't know too many parents that want to feed their kids soda, but high-fructose corn syrup is cheap. The price of soda in 20 years has gone down 40 percent while the price of whole foods, fruits and vegetables, has gone up 40 percent and obesity goes up right along that curve."* – Tom Colicchio, American Celebrity Chef
19. *"Processed foods cause inflammation, a source of most chronic illnesses as well as stress."* – Kris Carr, New York Times Best-Selling Author of *Crazy Sexy Diet* and *Crazy Sexy Kitchen*, a Wellness Activist and Cancer Survivor
20. *"The best advice is to avoid foods with health claims on the label, or better yet avoid foods with labels in the first place."* – Mark Hyman, Six-Time New York Times Bestselling Author, Family Physician and International Leader in the Field of Functional Medicine
21. *"Purchase items that can be made into several meals, like a whole roasted chicken, or bag of sweet potatoes, and shop the periphery of the grocery store, avoiding the middle aisles full of processed and higher-priced foods."* – Cat Cora, American Professional Chef – "Iron Chef" on the Food Network TV Show
22. *"I can safely say that other than macaroni and cheese, there's no processed food in my life. There's no inorganic food in my life these days. There's no junk food. There's not a lot of sugar. There's no soy. I mean, really everything that's going into my body is pretty pure."* – Ginnifer Goodwin, American TV and Film Actress
23. *"The industry's not stupid. The industry knows that if those foods are labeled 'genetically engineered,' the public will shy away and won't take them."* – Jeremy Rifkin, Economic and Social Theorist, Writer, Public Speaker, Political Advisor and Activist
24. *"It's better to get the nutrients for healthy skin from food, not supplements. Salmon, walnuts, blueberries, spinach... lots of my favorite foods happen to be amazing for skin too."* – Gail Simmons, Canadian Trained Culinary Expert, Food Writer and TV Personality, and is the Special Projects Director with Food & Wine Magazine
25. *"There is a growing market today for local, organic foods produced by small farmers. And farmers' markets have played a large role in making that happen."* – Eric Schlosser, American Journalist and Author Known for Investigative Journalism, Such as in His Books: *Fast Food Nation*, *Reefer Madness* and *Chew On This*
26. *"Chicken fat, beef fat, fish fat, fried foods - these are the foods that fuel our fat genes by giving them raw materials for building body fat."* – Neal Barnard, American Physician, Author, Clinical Researcher, and Founding President of the Physicians Committee for Responsible Medicine
27. *"If you eat a lot of starchy foods, introduce a vegetable once a week, then twice a week, and then three times a week. Slowly fill your diet with new flavors. By the time you're ready to let go of whatever it is you want to let go of, you've got a full menu."* – Lisa Edelstein, American Actress and Playwright
28. *"The best we can do, to paraphrase Pollan, is to eat whole foods, mostly plants, and not too much."* – A. J. Jacobs, Journalist, Author, and Lecturer Best Known for Writing About His Lifestyle Experiments



### **Quotes continued**

29. *"Paradoxically Americans are becoming both more obese and more nutrient deficient at the same time. Obese children eating processed foods are nutrient depleted and increasingly get scurvy and rickets, diseases we thought were left behind in the 19th and 20th centuries."* – Mark E. Hyman, Six-Time New York Times Bestselling Author, Family Physician an International Leader in the Field of Functional Medicine
30. *"The first thing I would do for anyone who's trying to lose body fat, for instance, would be to remove foods from the house that he or she would consume during lapses of self-control."* – Tim Ferriss, American Author, Entrepreneur, Angel Investor, and Public Speaker
31. *"Big food companies have their priorities, which include selling cheap, unhealthy foods at high profits."* – Jared Polis, Entrepreneur, Philanthropist, and Politician – Democratic Congressman from Colorado Since 2009
32. *"Whole foods like grains and beans release their sugar very, very slowly because of the fiber in them, and they don't give you a sugar rush. They feed your cells as needed, and as a result, you have loads of stable energy that powers you through the day."* – Kathy Freston, American Self-Help Author of Vegan Books and Contributor to The Huffington Post
33. *"When you gradually add in nutrient-dense, fiber-rich foods, you simply stop feeling cravings. You run out of space in your belly for the old junk. Instead of craving, you feel full, fulfilled, and content."* – Kathy Freston, American Self-Help Author of Vegan Books and Contributor to The Huffington Post
34. *"Blueberries, strawberries and blackberries are true super foods. Naturally sweet and juicy, berries are low in sugar and high in nutrients - they are among the best foods you can eat."* – Joel Fuhrman, American Family Physician Specializing in Nutrition-Based Treatments for Obesity and Chronic Disease
35. *"Locally produced foods - defined as those harvested within a 100-mile radius of one's home - have a lesser impact on the environment because of the decreased need for transportation from source to consumer."* – Tyler Florence, Chef and TV Host of Several Food Network Shows
36. *"There is no 'need' for us to eat meat, dairy or eggs. Indeed, these foods are increasingly linked to various human diseases and animal agriculture is an environmental disaster for the planet."* – Gary L. Francione, American Legal Scholar
37. *"In my own life, I decided to leave meat off my plate in medical school, but was a bit slow to realize that dairy products and eggs are not health foods either."* – Neal Barnard, American Physician, Author, Clinical Researcher, and Founding President of the Physicians Committee for Responsible Medicine

### **Health Facts**

**From: U.S. Department of Health and Human Services  
"Heart Healthy Foods: Shopping List"**

**Link: <http://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/heart-healthy-foods-shopping-list>**



## **Health Facts continued**

### **Heart Healthy Foods: Shopping List**

**Follow these tips for a healthy heart:**

- *Eat **less saturated and trans fat**. Stay away from fatty meats, fried foods, cakes, and cookies.*
- *Cut down on **sodium (salt)**. Look for the low-sodium or “no salt added” brands of canned soups, vegetables, snack foods, and lunch meats.*
- *Get **more fiber**. Fiber is in vegetables, fruits, and whole grains.*

**Take this list with you the next time you go food shopping.**

#### **Vegetables and Fruits**

*Eat a variety of vegetables and fruits. To save money, buy vegetables and fruits that are in season, frozen, or canned.*

- *Fresh vegetables such as tomatoes, cabbage, broccoli, and spinach*
- *Leafy greens for salads*
- *Canned vegetables low in sodium (salt)*
- *Frozen vegetables without added butter or sauces*
- *Fresh fruits such as apples, oranges, bananas, pears, and peaches*
- *Canned fruit in 100% juice, **not** syrup*
- *Dried fruit*
- *Frozen berries without added sugar*

#### **Milk and Milk Products**

*Look for fat-free or low-fat milk products. Or choose soy products with added calcium.*

- *Fat-free or low-fat (1%) milk*
- *Fat-free or low-fat yogurt*
- *Cheese (3 grams of fat or less per serving)*
- *Soy-based drinks with added calcium (soymilk)*

#### **Breads, Cereals, and Grains**

*For products with more than one ingredient, make sure whole-wheat or whole-grain is listed first.*

- *100% whole-wheat bread*
- *Whole-grain breakfast cereals like oatmeal*
- *Whole grains such as brown or wild rice, barley, and bulgur*
- *Whole-wheat or whole-grain pasta*





## **Health Facts continued**

### ***Meat, Beans, Eggs, and Nuts***

*Choose lean cuts of meat and other foods with protein.*

- *Seafood, including fish and shellfish*
- *Chicken and turkey breast without skin*
- *Pork: leg, shoulder, tenderloin*
- *Beef: round, sirloin, tenderloin, extra lean ground beef*
- *Beans, lentils, and peas*
- *Eggs and egg substitutes*
- *Nuts and seeds*

### ***Fats and Oils***

*Cut back on saturated fat and look for products with no trans fats.*

- *Margarine and spreads (soft, tub, or liquid) with no trans fats*
- *Vegetable oil (canola, olive, peanut, or sesame oil)*
- *Non-stick cooking spray*
- *Light or fat-free salad dressing and mayonnaise*

Group Name: \_\_\_\_\_

Month/Year: \_\_\_\_ / \_\_\_\_

# HEALTHY GROCERY LIST

**Group  
Scoreboard**

#	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
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Totals

**Enter "25" Points for Completing a Healthy Grocery List.**



# 100 FOODS DR. OZ WANTS IN YOUR SHOPPING CART

## FRESH PRODUCE\*

- 1) Tree Fruits (Apples, Pears)
- 2) Citrus (Oranges, Lemons, Limes)
- 3) Stone Fruits (Peaches, Plums, Apricots, Cherries, Tangerines)
- 4) Bananas
- 5) Grapes
- 6) Melons
- 7) Greens (Romaine, Arugula, Iceberg, Cabbage, Collards, Turnip Greens, Mustard Greens, Swiss Chard)
- 8) Baby Carrots
- 9) Celery
- 10) Avocado
- 11) Potatoes

## FROZEN

- 12) Berries: Strawberries, Cranberries, Raspberries, Blueberries, Blackberries
- 13) Frozen Veggies: Peppers, Kale, Asparagus, Cauliflower, Onions, Spinach, Broccoli, Peas, Green Beans, Corn, Zucchini, Squash

## SEAFOOD/MEATS

- 14) All White Meat Ground Turkey
- 15) Bison/Buffalo Burger (Sirloin Burger)
- 16) Eye Of The Round / Steak
- 17) Lean Pork
- 18) Lean Ground Beef
- 19) Chicken (Skinless Thighs, and Breasts, Whole Chicken)
- 20) Fish: Salmon, Cod or Trout
- 21) Shrimp (frozen)
- 22) Fully Cooked Pre-Seasoned Beef and Chicken Slices (Refrigerated Section)
- 23) Fresh Sliced Meats (No Nitrites or Nitrates Added) - Turkey, Ham, Chicken, Roast Beef
- 24) Salmon, Tuna, Chicken (In Can or Pouch)

## CANNED/BOTTLED ITEMS

- 25) Canned Beans (White, Kidney, Black, Pinto, Red, Navy)
- 26) Canned Tomatoes (Tomato Sauce and Tomato Paste - No Added Salt)
- 27) Low Sodium Salsa
- 28) Canned Artichokes
- 29) Canned mushrooms
- 30) Low-Sodium Chicken Broth

## CANNED/BOTTLED ITEMS (cont.)

- 31) Natural Peanut Butter
- 32) Jams: Raspberry, Strawberry, Blueberry, Blackberry, Apricot (No Artificial Sweeteners)
- 33) Dill pickles
- 34) Canned Beets
- 35) Low-Sodium Sauerkraut
- 36) Sardines
- 37) Anchovies
- 38) Olives (Kalamata)

## DELI/CHEESE/DAIRY

- 39) Eggs
- 40) Greek Yogurt (And Drinkables)
- 41) Milk (2% Organic / Almond / Soy)
- 42) Butter
- 43) Cheeses: Part-Skim Mozzarella, Cheddar, Parmesan, Feta, Ricotta, String
- 44) Hummus

## PASTA/GRAINS/CEREALS

- 45) Quinoa
- 46) Microwavable Steel Cut Oatmeal
- 47) Microwavable Brown Rice
- 48) Whole Grain Cereals
- 49) 100% Whole Wheat Pastas (or Jerusalem Artichoke Pasta)
- 50) 100% Whole Wheat or 100% Whole Grain (Breads, Buns, Pitas, English Muffins, Bagel Thins, Sandwich Thins)
- 51) 100% Whole Wheat Flour
- 52) 100% Whole Wheat Tortillas
- 53) 100% Whole Grain Crackers
- 54) Quick Cooking Polenta
- 55) Whole Grain Brown Puffed Rice
- 56) 100% Whole Wheat Pre-Made Pizza Crust
- 57) 100% Whole Wheat Waffles (Frozen)

## BEANS AND SOY

- 58) Edamame (Frozen or Dry)
- 59) Tofu, Soy Milk, Soy Crumble
- 60) Chickpeas
- 61) Lentils
- 62) Frozen Soy Burgers
- 63) Soy Hot Dogs

## CONDIMENTS/ HERBS/ SPICES/ DRESSINGS/ OIL

- 64) Mustard
- 65) Oils - Bottled (Olive, Canola, Flaxseed)
- 66) Vegan Mayo
- 67) Ginger
- 68) Chia Seeds
- 69) Black Peppercorns
- 70) Agave Nectar
- 71) Baking Spices: Cinnamon, Nutmeg, Clove, Ginger
- 72) Raw sugar
- 73) Honey
- 74) Chili pepper
- 75) Curry
- 76) Hot sauce
- 77) Red Pepper Flakes
- 78) Balsamic Vinegar
- 79) Sea Salt
- 80) Vinegar (Malt, White, Red)
- 81) Low Sodium Soy Sauce
- 82) French Herbs (Rosemary, Marjoram, Thyme, Savory)
- 83) Italian Seasoning (Garlic Marjoram, Thyme, Rosemary, Savory, Sage, Oregano and Basil)

## SNACK FOODS/ DESSERTS/ TREATS

- 84) Nuts (Almonds, Walnuts, Brazil, Hazelnuts, Pistachios)
- 85) Seeds (Sunflower, Pumpkin)
- 86) Dried Fruit (Raisins, Apricots, Cranberries)
- 87) 100% Whole Wheat Pita Chips
- 88) 100% Whole Wheat Pretzels
- 89) Popcorn
- 90) High Fiber, Granola or Protein Bars (No More Than 5gms Added Sugar)
- 91) Sweet Potato Fries (Baked)
- 92) Bite Size Dark Chocolate With or Without Almonds
- 93) Slow Churned Ice Cream
- 94) 100-calorie Air Popped Potato Chips
- 95) Fruit Leather
- 96) Frozen Fruit Popsicles

## Beverages

- 97) Tea
- 98) Coffee
- 99) 100% Orange Juice
- 100) Sparkling Water/Seltzer

\*Buy other fresh fruits and frozen vegetables as desired

# WebMD<sup>®</sup> Healthy Shopping Guide & List

## Cholesterol and Blood Sugar Helpers

Some foods rich in soluble fiber and/or plant sterols can help lower blood cholesterol levels, enhance digestive health and minimize the rise in blood sugar levels after a meal (good for diabetics).

## Antioxidant Rich

Antioxidants help to prevent and repair damage done by free radicals in the environment. A diet rich in antioxidants may also enhance immunity and lower the risk of cancer. Antioxidants include some vitamins, minerals and flavonoids.

## High Fiber

There are two kinds of fiber, soluble and insoluble, both are important for a healthy digestive system. Additionally, insoluble fiber adds bulk to the diet which is helpful for weight control. A diet high in both fibers can reduce the risk of heart disease and diabetes.

## Low Sodium

Eating foods high in sodium may cause high blood pressure. Lower your consumption of high sodium foods and eat foods rich in potassium for good health. Most processed foods use sodium so if you stick to whole, less processed foods, you will naturally lower the sodium in your diet.

## High Energy Foods

The best choices for energizing foods are ones that are rich in carbohydrates. Put these foods together along with low fat protein and high fiber foods for energy throughout the day.

## Best To Buy Organic

The nonprofit Environmental Working Group says these 12 are among the most susceptible to pesticide residue, and thus most profitable to buy organic.

## CHOLESTEROL & BLOOD SUGAR HELPERS

- vegetables
- fruits
- whole grains
- beans
- nuts
- seeds

## FOODS ENRICHED WITH PLANT STEROLS

- orange juice
- yogurts
- margarines
- cereal
- granola bars
- chocolate

## OMEGA 3 FATTY ACID RICH FOODS

- salmon
- lake trout
- mackerel
- sardines
- albacore tuna
- walnuts
- flaxseed
- canola oil
- soy beans
- cereals
- omega-3 fortified foods

## BEST TO BUY ORGANIC

- celery
- lettuce
- potatoes
- spinach
- sweet bell peppers
- apples
- cherries
- grapes (imported)
- peaches
- pears
- nectarines
- strawberries

## ANTIOXIDANT RICH

- artichokes
- russet potatoes
- apples
- blueberries
- blackberries
- cherries
- cranberries
- raspberries
- strawberries
- plums
- prunes
- pecans
- small red beans
- red kidney beans
- pinto beans
- black beans
- coffee
- red wine
- tea

## HIGH FIBER

- most vegetables
- pears
- mangoes
- kiwi
- plums
- blackberries
- raspberries
- peaches
- strawberries
- apples
- citrus fruits
- dried fruits
- nuts
- seeds
- dried peas
- beans
- lentils
- whole grains
- oatmeal
- oat bran

## HIGH POTASSIUM

- mushrooms
- peas
- potatoes
- spinach
- sweet potatoes
- tomatoes
- bananas
- grapefruit
- oranges
- beans
- lentils
- low fat or fat free dairy
- raisins

## HIGH ENERGY FOODS

- 100% vegetable juices
- sweet potatoes
- tomatoes
- 100% fruit juices
- blueberries
- cantaloupe
- citrus fruit
- mango
- strawberries
- most whole fruits
- dried fruits
- nuts
- beans
- low fat dairy products
- whole grains

## OTHER ITEMS

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## ACTIVITY SURVEY

Activity Name: \_\_\_\_\_

Final Day of Activity (MM/DD/YYYY): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Please rate the statements below by circling the number that best represents your experience.

- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neither Agree or Disagree
- 4 – Agree
- 5 – Strongly Agree

- |    |  |   |   |   |   |   |
|----|--|---|---|---|---|---|
| 1. | I enjoyed this activity.   | 1 | 2 | 3 | 4 | 5 |
| 2. | It increased my happiness.   | 1 | 2 | 3 | 4 | 5 |
| 3. | It improved my health.   | 1 | 2 | 3 | 4 | 5 |
| 4. | It improved my energy level.   | 1 | 2 | 3 | 4 | 5 |
| 5. | It reduced my stress level.  | 1 | 2 | 3 | 4 | 5 |
| 6. | I learned something valuable about my health and wellbeing from this activity. | 1 | 2 | 3 | 4 | 5 |
| 7. | I plan to make personal lifestyle changes because of this activity.            | 1 | 2 | 3 | 4 | 5 |
| 8. | I would like to do this again.   | 1 | 2 | 3 | 4 | 5 |
| 9. | The activity improved morale in the workplace.                                 | 1 | 2 | 3 | 4 | 5 |

***Please use the back of this page to add comments about your experience.***