

HEART-HEALTHY GROCERY LIST

Centegra Health System
ALWAYS LOOKING AHEAD™

BEST CHOICES

CHOICES TO LIMIT

FRUITS

All fresh & frozen
Apple
Apricot
Avocado
Banana
Blackberries
Blueberries
Cantaloupe
Cherries
Grapefruit (caution with some cholesterol-lowering meds)
Grapes
Honeydew
Kiwi
Nectarine
Mango
Orange
Peach
Pear
Pineapple
Plum
Raspberries
Strawberries
Watermelon
Dried fruit, no added sugar
Canned fruit & applesauce, no added sugar
100% fruit juice

VEGETABLES

All fresh & frozen (without sauce)
Artichokes
Asparagus
Bell peppers
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Jicama
Leafy greens (caution if taking Coumadin/warfarin)
Mushrooms
Onions
Peapods & sugar snap peas
Radish
Spaghetti squash
Summer squash
Tomato & cherry tomatoes
Zucchini
Tomato sauce (no salt added)

GRAINS

Select 100% whole wheat when possible
High-fiber breakfast cereal
Oatmeal (in round canister)
Oat bran
Cream of Wheat
Bagels
Bagel/sandwich thins
English Muffins
Tortillas (high fiber)
Bread, buns, & rolls
Whole wheat Pitas
Whole grain pasta
Brown rice
Quinoa
Couscous
Barley
Grits
Bulgur
Wheat berries
Millet
Flaxseed, milled
Potatoes (not instant)
Corn
Peas
Air-popped popcorn
Rice cakes
Low sodium grain crackers
No salt pretzels

PROTEIN

>90% lean ground meat
Loin cuts of beef & pork
Chicken & turkey, skinless
Cornish hens, skinless
Rotisserie chicken, skinless
Shellfish: shrimp, scallops
Fatty fish: salmon, trout, albacore tuna, sardines
Tilapia & cod
Eggs
Nuts & seeds (low/no salt)
Soy nuts (low or no salt)
Nut butters (Natural type)
Seed butter
Edamame
Cooked dried beans: black, kidney, great northern, etc
Lentils
Hummus
Tofu
Tempeh
Soy/veggie burger (low salt)

DAIRY

Fat-free or 1% milk
Fortified soymilk
Light yogurt
Lowfat yogurt
Lowfat Greek yogurt
Lowfat Kefir
Cheeses: (reduced-fat & reduced sodium)

OILS:

Tub-margarine (no hydrogenated oils)
Canola oil
Olive oil
Cooking spray
Light mayonnaise
Light salad dressing

OTHER:

100% fruit jam/jelly
No salt added ketchup
Low sodium mustard
Vinegar/ flavored vinegar
Herbs & spices (no salt)
No salt bullion cubes
Unsalted stocks

TREATS:

Cooked pudding
Gelatin
Popsicles &
Low fat fudge bars
Light ice cream
Graham crackers
Animal crackers, unfrosted
Angel food cake
70% dk chocolate (1oz/day)
Alcohol (ask MD)



FRUITS

Banana chips (fried)
Trail mix (purchased)

VEGETABLES
Veggies with cheese/ sauces
Canned, full sodium veggies
Sauerkraut
High-sodium V8/tomato juice

GRAINS

Limit white, refined grains
Croissants, muffins
Doughnuts & cinnamon rolls
Biscuits, pastries
Sugared cereals
Creamy Potato/pasta salad
Macaroni & cheese
Boxed rice/ pasta mixes
Potato chips
Full-butter popcorn

PROTEIN

70-85% lean ground meat
Poultry with skin
Pork ribs
Ham
Marbled steak/ beef
Sausages: bratwurst, breakfast, Italian, & Polish
Chicken & turkey sausages
Hot dogs
Lunchmeat
Bacon
Pizza
TV dinners (unless low salt)

DAIRY

Whole milk
Full-fat cheese
Powered coffee creamer

EXTRAS:

Alfredo sauce
Stick margarine, Crisco
Cakes, cookies, pie & brownies (purchased)

- Choose grains where first ingredient listed is "whole grain ____"
- Choose grains with 3 grams of fiber or more per serving.
- Keep a running grocery list at home and stick to your list when shopping to decrease impulse purchases
- Select a variety of fruits and vegetables every time you shop

Type 2 Diabetes Grocery List

Vegetables

Avocado
Bean sprouts
Beets
Bok choy
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green beans
Green, red, orange peppers
Kale
Leeks
Mushrooms
Okra
Pea pods
Romaine lettuce
Salad greens
Spaghetti squash
Spinach
Sweet potatoes
Swiss chard
Tomatoes
Turnips
Winter squash (acorn, butternut, kabota)
Zucchini

Fresh Herbs

Basil
Cilantro
Dill
Garlic
Ginger
Onions
Rosemary
Thyme

Fruit

Apples
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Grapefruit

Honeydew melon

Lemons
Limes
Nectarines
Oranges
Peaches
Pears
Raspberries
Strawberries
Watermelon

Meat, Poultry and Seafood

Bacon (with no added sugar)
Beef roast
Beef steak
Beef, lean ground
Chicken breast
Fresh deli meats such as roast beef, turkey breast, chicken breast, ham
Pork chops
Pork loin
Pork, ground
Rotisserie chicken
Salmon
Sausage (with no added sugar)
Tilapia
Tuna
Whole chicken

Condiments

Balsamic vinegar
Extra-virgin olive oil
Fish sauce
Olives
Pickles (look for varieties with no sugar, fresh fermented)
Red Wine Vinegar
Reduced sodium soy sauce
Rice vinegar
Sesame oil
White vinegar
Yellow mustard

Spreads

Cashew butter
Natural almond butter (no added sugar)
No added sugar jams, marmalades and jellies
Unsweetened peanut butter

Snacks

Almonds
Edamame
Hummus and falafel
Pumpkin seeds
Salsa
Soy nuts
Sunflower seeds
Unflavored popcorn
Walnuts

Drinks

Black tea
Club soda
Coconut water
Coffee
Green tea
Herbal tea
Mineral water
Sparkling water
Unsweetened teas

Cereals

Rolled oats
Steel cut oats

Rice, Beans, Pasta and Grains

Black beans
Brown rice
Chickpeas
Kidney beans
Lentils
Millet
Navy beans
Pinto beans
Quinoa
Whole grain barley
Whole grain pasta
Wild rice

Canned Goods

Canned beef broth (low sodium, no added sugar)
Canned chicken broth (low sodium, no added sugar)
Canned coconut milk
Canned pumpkin
Canned salmon
Canned tuna

Canned vegetable broth (low sodium, no added sugar)

Diced tomatoes

Tomato Paste

Baking

Chia seeds
Cocoa
Coconut (unsweetened flakes or shredded)
Corn meal
Flax seeds
Oat flour
Whole wheat flour

Spices

Allspice
Basil
Bay leaves
Black pepper
Cayenne pepper
Chili powder
Cilantro
Cinnamon
Cumin
Dill
Garlic
Ginger
Lemongrass
Nutmeg
Oregano
Rosemary
Sea Salt
Thyme
Turmeric
Yellow curry

Frozen Food

Frozen fruit
Frozen meat (plain with no sauces that contain sugar)
Frozen vegetables

Dairy and Eggs

Cottage cheese
Eggs
Plain yogurt
Unsweetened Greek yogurt

REFERENCES

American Diabetes Association: Non-starchy Vegetables

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/nonstarchy-vegetables.html>

American Diabetes Association: Grains and Starchy Vegetables

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/grains-and-starchy-vegetables.html>

American Diabetes Association: What Can I Drink?

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/whatcan-i-drink.html>



Renal-Friendly Grocery List

This list is intended to be used as a tool to help you track your low phosphorus grocery purchases. Please consult your healthcare provider or dietitian to be sure that you are making the food choices that are right for you.

Vegetables:

Alfalfa sprouts

Arugula

Asparagus

Bamboo shoots

Beans (green or waxed)

Bell peppers (green, red, or yellow)

Broccoli

Cabbage

Carrots

Cauliflower

Celery

Chili peppers

Chives

Cucumbers

Eggplant

Endive

Escarole

Garlic

Greens (collards, turnip, or mustard)*

Hominy

Kale

Leeks

Lettuce

Mushrooms

Okra

Onions (and shallots)

Pea pods/peas

Pimientos

Potatoes*

Radishes

Rhubarb

Squash (spaghetti and summer)

Turnips

Watercress

Zucchini

Fruits:

Apples

Applesauce

Apricots (canned)

Blackberries

Blueberries

Cherries

Cranberries

Cranberry sauce (canned)

Figs (canned or fresh)

Grapefruit

Grapes

Lemons

Limes

Oranges (clementine or mandarin)

Peaches

Pears

Pineapple

Plums

Raspberries

Strawberries

Tangerines

Meat and Seafood:

Beef

Chicken

Fish (fresh or frozen)

Lamb

Pork

Shellfish

Tuna (canned in water, low sodium)

Turkey

Veal

Wild game

Meat alternative:

Tofu

Dairy and Eggs:

Milk (limit to 1/2 cup per day)

Eggs

Egg Beaters®

Scramblers®

Nondairy:

Almond Milk

Nonenriched soy milk

Rice Dream®

Coffee-mate®

Cereal:

Corn Chex®

Corn Pops®

Crispix®

Kellogg's Corn Flakes®

Quaker Puffed Rice®

Quaker Puffed Wheat®

Rice Chex®

Rice Krispies®

Avoid cereals with nuts, dried fruit, granola, or bran

Cream of Rice®

Cream of Wheat®

Farina®

Grits

Malt-O-Meal®

Crackers: (unsalted)

Animal crackers

Better Cheddars

Graham crackers (not chocolate)

Oyster crackers

Ritz Crackers® (low sodium)

Teddy Grahams®

Unsalted pretzels

Unsalted saltines

Wheat Thins® (Hint of Salt)

Grains:

Bagels (blueberry, egg, raisin, or white)

Dinner/hard rolls

Egg noodles

English muffins

Flour tortillas

French/Italian Bread

Hamburger/hotdog buns

Macaroni

Melba toast

Pita bread

Rice cakes

Rye bread

Sourdough bread

Spaghetti

White bread

White rice

Snacks:

Angel food cake

Chewing gum

Hard candies, gummy bears, jelly beans (no nuts or dried fruit)

Lemon cake

Lorna Doone® cookies

Marshmallows

Rice Krispie Treats®

Vanilla wafers

Yellow cake

<u>Spices:</u>	<u>Condiments:</u>	<u>Fruit Juice:</u>	<u>Miscellaneous:</u>
Allspice	BBQ sauce	Apricot nectar	Club soda
Basil	chili sauce	Cran-apple juice	Coffee
Bay leaf	Corn syrup	Cran-raspberry juice	Cream soda
Caraway seeds	Cornstarch	Cranberry juice	Fresca®
Cardamom	Cream cheese	Grape juice	Ginger ale
Celery seed	Dry tapioca	Lemon juice	Grape soda
Chili powder	Honey	Lemonade	Lemon-lime soda
Chives	Jam	Lime juice	Orange soda
Cilantro	Jelly	Limeade	Root beer
Cinnamon	Ketchup	Papaya nectar	Tea (not canned or bottled)
Cloves	Margarine	Pear nectar	
Cumin	Marmalade	Pineapple juice	
Curry	Mayonnaise		
Dill	Miracle Whip®		
Dry mustard	Mustard		
Extracts of almond, maple, orange, and peppermint	Steak sauce		
Fennel	Sugar		
Fresh garlic	Sugar substitute		
Garlic powder	Taco sauce		
Ginger	Vinegar		
Horseradish	Worcestershire sauce		
Marjoram			
Mrs. Dash® salt-free seasoning mixes			
Nutmeg			
Oregano			
Paprika			
Parsley			
Parsley flakes			
Pepper			
Rosemary			
Saffron			
Sage			
Sesame seeds			
Tarragon			
Thyme			

* These foods tend to have higher levels of potassium than other foods on this list.
Please consult your dietitian or healthcare provider for appropriate portion size and individual food choices.

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naturally Gluten-free Grocery List

Protein

Poultry
Red meat
Legumes
Seafood
Nuts and seeds
Tofu
Tempeh
Edamame
Soy foods
Eggs

Fats & Oils

Olives & olive oil
Butter and ghee
Avocado & avocado oil
Coconut oil
Seed & vegetable oils

Snacks & Sweets

Seed crackers
Popcorn
Hummus
Nut butters
Veggie straws
Applesauce

Milk & Dairy

Milk
Plant-based milk
Cheese
Cream
Cream cheese
Sour cream
Cottage cheese
Yogurt

Fruits & Veggies

Anything fresh! Such as:
Bananas
Apples
Berries
Watermelon
Pears
Tomatoes
Bell peppers
Greens
Squash
Mushrooms

Condiments

Coconut aminos
Vinegar: apple cider, white, distilled

Beverages

Coffee
Tea
100% fruit juice
Soda
Sports & energy drinks
Lemonade
Hard cider, wine

Grains

Brown rice
Wild rice
Quinoa
Buckwheat
Sorghum
Tapioca
Teff
Millet
Arrowroot
Amaranth
Oats (certified gluten-free)
Corn
Potatoes

CHECK THE LABEL:

Lunch meats
Ground meats
Oats

Cooking sprays
Ice cream
Flavored dairy

Canned veggies
Frozen fruits
Dried fruits

Ketchup
Marinades
Dressings

Spices
Chips
Candy

One Step Further, Inc.

Community Support & Nutrition Program

Inventory Guidelines

- Inventory begins July 1st of the fiscal year and ends on June 30th of the fiscal year.
- Inventory is tracked throughout the year utilizing Second Harvest Food Bank invoices, donation logs, daily outgoing poundage logs, and CSNP quarterly reports.
- Final Inventory is taken on the last CSNP day of operation closest to June 30th.
- Inventory is counted as combined weight of all food products that include: dry goods, produce, meat, and bread. Items such as water and soda are not considered part of our inventory.
- Inventory sheets are broken into 4 categories: dry goods, produce, meat, and bread.
- Staff and volunteers who assist with inventory will be trained on the process at least one week prior to the actual count. They will use the process outlined below:
 - o Staff/volunteers will be given a specific category to count
 - o Staff/volunteers will only use the inventory sheets provided by CSNP
 - o Staff/volunteers will count individual items and record the # and weight of each item in the appropriate line on the inventory count sheets. Items not listed on the count sheet should be added in an “other” line.
 - o When an individual item is complete, the staff/volunteer who counted that item will place a pink tag, with their initials, on the item to signify that it has been counted.
 - o Once a category is complete, all staff/volunteers should turn in their inventory count sheets to the Program Director.
 - o Once all categories have been counted, tagged, and count sheets turned in to the Program Director, the Program Director will conduct at least 2 test counts per category. Once these are done, all sheets will be tallied and a final inventory will be tabulated.

One Step Further, Inc.
CSNP Inventory Count Sheet

Date Completed: _____

Dry Goods: Canned Vegetables	
Baked Beans	Mixed Vegetables
Beets	Peas
Black Beans	Pinto Beans
Butter Beans	Refried Beans
Carrots	Spinach
Chili Beans	Tomatoes (Diced)
Corn	Tomatoes (Paste)
Green Beans	Tomatoes (Sauce)
Mixed Greens	Turnip Greens
Black Eye Peas	Kidney Beans
Garbanzo Beans	Crowder Peas
Breakfast Items:	
Breakfast Bars	Cereal
Cereal Bars	Grits
Oatmeal	Milk (Powdered/Shelf Stable)
Dried Beans/Rice	
Black Beans	Great Northern Beans
Pinto Beans	Rice
Canned Meat:	
Chicken	Tuna
Salmon	Pork
Vienna Sausage	Spam
Potted Meat	Sardines

Canned Pasta/Soup:	
Ravioli	Chicken Noodle
Spaghetti	Tomato
Pizza Sauce	Vegetable
Beef Stew	Chicken and Rice
Beefaroni	
Boxed Pasta:	
Macaroni	Mac/chz
Spaghetti	Penne
Rigatoni	Lazagna
Canned Fruit/Juices:	
Fruit Cocktail	Oranges (Mandarin)
Pears	Orange Juice
Peaches	Cranberry Juice
Pineapple	Pineapple Juice
Grape Juice	Cranberries
Pudding	
Miscellaneous:	
Peanut Butter	Walnuts
Raisins	Coffee
Tea	Olives
Condensed Milk	Jello
Crackers	Baked Beans
Coconut Milk	Instant Potatoes
Flour	Sugar

Produce:	
Lettuce (heads)	Cabbage
Tomatoes	Bagged Lettuce (small)
Bagged Lettuce (large)	Onions
Mushrooms	Cucumbers
Potatoes	Apples
Peaches	Zucchini
Greens	Strawberries
Bagged mixed veggies	Carrots
Celery	Bagged Slaw
Peppers	Milk
Eggs	Cheese
Oranges	Eggplant
Okra	Snap peas
Bagged broccoli	
Bread:	
Hot Dog Buns	Hamburger Buns
1 lb loaves	1.5 lb loaves
Sub Rolls	Loaf bread
French bread	Rolls
Other	Other

