**1. Bakery and Bread**

On Your List:

* Whole wheat bread, pita pockets, and English muffins
* Whole-grain flour tortillas

Look for the words "whole wheat" or "whole wheat flour" as the first ingredient on the label.

Choose whole-grain breads that contain at least 3 to 4 grams of fiber and have fewer than 100 calories per slice.

**2. Meat and Seafood**

On Your List:

* Skinless chicken or turkey breasts
* Ground turkey or chicken
* Salmon, halibut, trout, mackerel, or your favourite seafood
* Reduced-sodium lunchmeat (turkey, roast beef)

If you buy red meat, choose the leanest cuts -- ones with very little marbling.

Eat ground chicken or ground turkey [breast](https://www.webmd.com/women/all-about-breasts-16/rm-quiz-breasts-normal) instead of ground beef. These are much lower in fat. Get creative with the [condiments](https://www.webmd.com/food-recipes/ss/slideshow-condiments-dressings-toppings) and you’ll get flavor without the fat.

**3. Pasta and Rice**

On Your List:

* Brown rice
* Whole wheat or whole-grain pasta

Again, favor whole grains whenever possible.

**4. Oils, Sauces, Salad Dressings, and Condiments**

On Your List:

* Tomato sauce
* Mustard
* Barbecue sauce
* Red-wine vinegar
* Salsa
* Extra virgin olive oil, canola oil, nonfat cooking spray
* Jarred capers and olives
* Hot pepper sauce

Many sauces and condiments are surprisingly high in sodium and sugar. Look for sugar-free varieties. Keep track of sodium levels, especially if you're cutting back on salt.

Replace mayonnaise and other high-fat condiments with options like salsa and hot sauce, or choose light mayonnaise.

**5. Cereals and Breakfast Foods**

On Your List:

* Whole-grain or multigrain cereals
* Steel-cut or instant oatmeal
* Whole-grain cereal bars

Buy cereals and cereal bars that are high in fiber and low in sugar. Use berries, dried fruit, or nuts to add sweetness to your cereal.

**RELATED**

**6. Soups and Canned Goods**

On Your List:

* Diced or whole peeled tomatoes
* Tuna or salmon packed in water
* Low-sodium soups and broths
* Black, [kidney](https://www.webmd.com/kidney-stones/picture-of-the-kidneys), soy, or garbanzo beans; lentils, split peas
* Diced green chilies

Check the label to see how much sodium is in canned vegetables and soups. Look for lower-sodium varieties.

When buying canned fruits, choose brands that are packed in juice rather than syrup.

**7. Frozen Foods**

On Your List:

* Frozen vegetables: broccoli, spinach, peas, and carrots (no sauce)
* Frozen fruit: strawberries, raspberries, blueberries (without added sugar)
* Frozen shrimp
* Pre-portioned, low-fat ice cream or frozen yogurt
* Whole-grain waffles
* Whole-grain vegetable pizza

Buy frozen vegetables to throw into soups, casseroles, and stews.

Low-fat frozen yogurt blended with frozen fruit makes a quick, healthy smoothie.

**8. Dairy, Cheese, and Eggs**

On Your List:

* Skim or low-fat milk or soymilk
* Fat-free or low-fat yogurt
* Fat-free or low-fat cottage cheese
* Low-fat cheese or string cheese snacks
* Eggs or egg substitutes
* Firm tofu
* Butter or spread (a variety that doesn't contain hydrogenated oils)

If you like whole-fat cheeses and butter, you don’t have to deprive yourself. Just use smaller portions.

Buy strong-flavored cheeses like Parmesan or goat cheese, so that you can use a smaller amount without sacrificing taste.

Don't buy pre-sweetened or flavored yogurts, which can be very high in sugar and calories. Instead, buy plain yogurt and add your own flavor with a tablespoon of fresh fruit or jam.

**9. Snacks and Crackers**

On Your List:

* Whole-grain crackers
* Dried fruit: apricots, figs, prunes, raisins, cranberries
* Nuts: almonds, cashews, walnuts, peanuts, pecans, pistachios (roasted and unsalted)
* Seeds: sunflower seeds, sesame seeds, whole or ground flaxseeds
* Peanut butter, almond, or soy butter
* [Hummus](https://www.webmd.com/diet/hummus-recipe-and-benefits)
* Dark [chocolate](https://www.webmd.com/sex-relationships/features/chocolate-answers) pieces (containing more than 70% cocoa)

**10. Produce**

On Your List:

* Fruit: bananas, apples, oranges, mangoes, strawberries, blueberries
* Vegetables: sweet potatoes, baby spinach, broccoli, carrot sticks

Look for a large variety of colorful [fruits and vegetables](https://www.webmd.com/food-recipes/ss/slideshow-exotic-fruits). They have the most nutrients.

Buy [fruits and vegetables](https://www.webmd.com/food-recipes/ss/slideshow-fun-facts-fruits-vegetables) that are in season and locally grown. They taste better and cost less.

Precut [fruits and vegetables](https://www.webmd.com/food-recipes/video/video-powerhouse-fruits-and-veggies) save you prep time.

**RELATED**

**11. Drinks**

On Your List:

* Unsweetened green and flavored teas
* [Calcium](https://www.webmd.com/drugs/2/drug-1575/calcium+oral/details)-fortified orange juice
* Sparkling water

If you buy juice, make sure it's 100% fruit juice and not a "juice drink," or "-ade."

An easy at-home recipe is to add fruit juice to sparkling water.