

# CHOOSING HEART-HEALTHY FOODS AT THE GROCERY STORE



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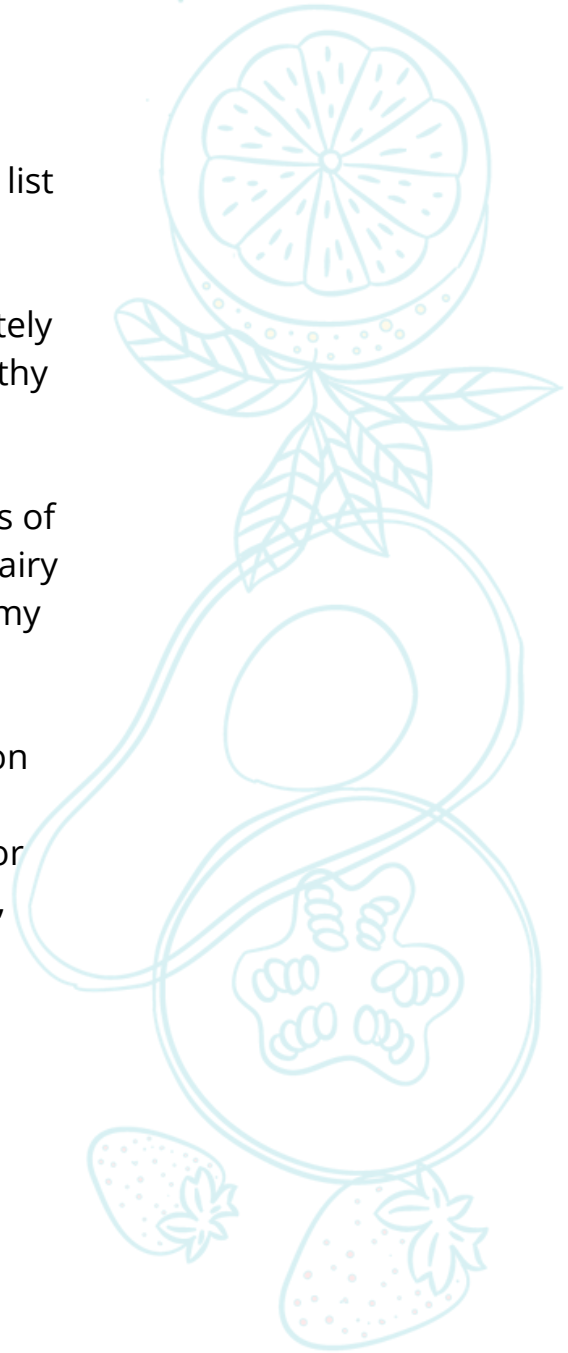
Use this helpful shopping list to save time and spare yourself from unhealthy distraction in those supermarket middle aisles. Feel free to adapt this list based on your favorite heart healthy recipes.

When it comes to your heart, what you eat absolutely matters. Follow these top three tips for heart-healthy eating:

**Eat less saturated fats:** Reduce or avoid fatty cuts of meat, processed meats, and high-fat/whole milk dairy products. Limit foods like pizza, burgers, and creamy sauces, or gravies.

**Cut down on sodium (salt):** Compare the Nutrition Facts Labels and choose foods that are lower in sodium. Look for the low-sodium (140mg or less) or “no salt added” types of canned soups, vegetables, packaged meals, snack foods, etc

**Get more fiber:** Consume an abundance of non-starchy vegetables, beans, fruits, and whole grains or starchy vegetables to add more fiber to your diet.



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# THE HEART HEALTHY GROCERY RUN SHOPPING LIST



## Produce

- Fresh herbs and spices
- Fresh Fruits
- Leafy greens
- Roots and tubers
- All fresh vegetables

## Proteins

- Chicken (without skin)
- Turkey (without skin)
- Omega-3 eggs
- Lean meats
- Low-fat cheeses
- Organic tempeh
- Organic tofu
- Fish

## Nuts & Seeds

- Peanuts
- Walnuts
- Cashews
- Almonds
- Macadamia
- Chia seeds
- Flaxseed

## Pantry

- Chickpeas
- Black beans
- Barley
- Quinoa
- Oats
- Edamame
- Brown or wild rice
- Whole grain pasta

## Oils

- Olive oil
- Extra-Virgin olive oil
- Grapeseed oil
- Sunflower seed oil
- Sesame oil

## Condiments, etc.

- Salsa
- Sweet chili sauce
- Green chili sauce
- Low-sodium marinara
- Sun-dried tomatoes
- Dijon mustard
- Low-sodium broth
- Balsamic vinegar

## HEART-HEALTHY SHOPPING TIPS



- When adding fruits and vegetables to your diet, consider buying them pre-cut and pre-washed for convenience.
- Avoid coconut oil and palm oils - they are high in saturated fat.
- Choose proteins that are fresh, organic, pasture-raised or local when possible
- When choosing beef, look for at least 93% lean. Consider round, sirloin, tenderloin, or lean ground beef.
- When choosing pork, leg, shoulder, or tenderloin are leaner cuts.
- Add heart-healthy beverages to your day, like green tea, matcha, hibiscus tea, white tea or oolong tea.
- Now there are more nondairy milk options than ever before. Try almond milk, soy milk or oat milk - and check to make sure it's unsweetened. (If you strongly prefer dairy milk, even fat-free or low fat milk is better for your heart than whole milk.)
- For breads, pastas and other grains with more than 1 ingredient, make sure whole wheat or another whole grain is listed first in the ingredient list. Look for products that say 100% whole grain.



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