


Grocery List Suggestions

Meat/Protein Foods

- Beef
- Chicken®
- Egg Substitute
Egg Beaters®, Scramblers®
- Eggs 
- Fish
- Lamb
- Pork (chops, roast)
- Shellfish
- Tofu
- Tuna (canned)
- Turkey
- Veal
- Wild Game

Fruits

(Serving size= 1 medium-size fruit or ½ cup canned, no added sugar)

- Apple Juice
- Apples
- Applesauce
- Apricot Nectar
- Apricots (canned)
- Blackberries
- Cherries
- Cranberries
- Cranberry Juice
- Cranberry Sauce
- Figs (fresh)
- Fruit Cocktail
- Grapefruit
- Grape Juice
- Grapes
- Lemon
- Lemon Juice
- Lime
- Lime Juice
- Loganberries
- Lychees
- Peach (canned)
- Peach Nectar
- Pear Nectar
- Pears (canned)
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines

Vegetables

(Serving size= ½ cup, no added salt)

- Alfalfa Sprouts
- Arugula
- Asparagus
- Bean Sprouts
- Beets (canned)
- Cabbage (green, red)
- carrots
- Cauliflower
- Celery
- Chayote
- Chili Peppers
- Chives
- Coleslaw
- Corn
- Cucumber
- Eggplant 
- Endive
- Garlic
- Gingerroot
- Green Beans
- Hominy
- Jalapenos (fresh)
- Kale
- Leeks
- Lettuce
- Mixed Vegetables
- Mushrooms
- Onions
- Parsley
- Peas (English)
- Pimentos
- Radicchio
- Radishes
- Seaweed Kelp
- Spaghetti Squash
- Summer squash (scallop, crookneck, straightneck, zucchini)
- Sweet Peppers
- Tomatillos
- Turnips
- Turnip Greens
- Water Chestnuts
- Watercress
- Yambean (jicama), cooked

Breads/Cereals/Grains

- Bagels (plain, blueberry, egg, raisin)
- Bread (white, French Italian, rye, soft wheat)
- Bread sticks (plain)
- Cereals, dry, low-salt (Corn Pops®, Cocoa Puffs®, Sugar Smacks®, Fruity Pebbles®, Puffed Wheat®, Puffed Rice®)
- Cereals, cooked (Cream of Rice or Wheat®, Farina®, Malt-o-Meal®)
- Couscous
- Crackers (unsalted)
- Dinner Rolls or Hard Rolls
- English Muffins
- Grits
- Hamburger/Hotdog Bun
- Macaroni
- Melba Toast
- Noodles
- Oyster Crackers
- Pita Bread
- Popcorn (unsalted)
- Pretzels (unsalted)
- Rice (brown, white)
- Rice Cakes
- Spaghetti
- Tortillas

Dairy/Dairy Substitutes

- Nondairy Creams
- Nondairy Frozen Dessert Topping (Cool Whip®)
- Nondairy Frozen Dessert (Mocha Mix®)
- Rice Milk (unfortified)

Beverages

(Keep in mind your fluid restriction) (Diabetics- use Caution for sugar intake)

- (Regular or Diet)
- 7-Up
- Cherry 7-Up®
- Cream Soda
- Ginger Ale
- Grape Soda
- Lemon-Lime Soda
- Mellow Yellow®
- Mountain Dew®
- Orange Soda
- Root Beer
- Slice®
- Sprite®
- Coffee
- Fruit Punch
- Hi-C® (cherry, grape)
- Horchata
- Juices (apple, cranberry, grape)
- Kool-Aid®
- Lemonade
- Limeade
- Mineral Water
- Nectars (apricot, peach, pear, ½ cup serving)
- Nondairy Creamers (Coffee Rich, Mocha Mix®, etc.)
- Sunny Delight®
- Tea

Fats

- Butter
- Cream Cheese
- Margarine
- Mayonnaise
- Miracle Whip®
- Nondairy Creamers
- Salad Dressings
- Sour Cream
- Vegetable Oils (preferably canola or olive oil)





Grocery List Suggestions

Seasonings and Spices

- Allspice
- Basil
- Bay Leaf
- Caraway Seed
- Chives
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry
- dill
- Extracts (almond, lemon lime, maple, orange, peppermint, vanilla, walnut)
- Fennel
- Garlic Powder
- Ginger
- Horseradish (root)
- Lemon Juice
- Mrs. Dash®
- Nutmeg
- Onion Powder or Flakes
- Oregano
- Paprika
- Parsley or Parsley Flakes
- Pepper (ground)
- Pimentos
- Poppy Seed
- Rosemary
- Saccharin
- Saffron
- Sage
- Savory
- Sesame Seeds
- Tarragon
- Thyme
- Turmeric
- Vinegar

Desserts/Snacks/Sweets

- (Diabetics - use caution)*
- Animal Crackers
 - Cake (angel food, butter, lemon, pound, spice, strawberry, white, yellow)
 - Candy Corn
 - Chewing Gum
 - Cinnamon Drops
 - Cookies (ginger snaps, shortbread, sugar, vanilla wafers)
 - Corn Cakes
 - Cotton Candy
 - Doughnuts
 - Fruit Ice
 - Graham Crackers
 - Gumdrops
 - Gummy Bears®
 - Hard Candy
 - Hot Tamale® Candy
 - Jell-O®
 - Jelly Beans
 - Jolly Ranchers®
 - Lifesavers®
 - Lollipops
 - Marshmallows
 - Newtons® (fig, strawberry, apple, blueberry)
 - Pie (apple, berry, cherry lemon, peach)

Other

- Diabetics – use with caution*
- Apple Butter
 - Corn Syrup
 - Honey
 - Jam
 - Jelly
 - Maple Syrup
 - Marmalade
 - Powdered Sugar
 - Sugar, brown or white

Notes
