

## Heart Healthy Grocery List

### Fruits

- apples / oranges
- bananas / grapes
- papaya / pineapple
- lemon / lime
- \_\_\_\_\_

### Vegetables

- lettuce / cabbage
- onion / green onion
- garlic / ginger
- potato / sweet potato
- taro / poi
- tomatoes / celery
- cucumber / carrots
- broccoli / zucchini
- bean sprouts / chop suey mix
- \_\_\_\_\_

### Dairy

- skim or 1% milk\*
- yogurt\*
- low fat cheese
- margarine (soft tub or liquid)
- \_\_\_\_\_

### Proteins

- beans / lentils\*
- fish
- tofu\*
- chicken (no skin)
- lean beef / lean pork
- eggs / egg substitute
- peanut butter
- \_\_\_\_\_

### Starches/Whole Grains

- whole wheat bread
- oatmeal / whole grain cereal
- whole wheat pasta
- brown rice
- crackers (graham, whole wheat)
- \_\_\_\_\_

### Canned Goods

- fruits / fruit cups
- vegetables (no salt added)
- tuna or salmon (in water)
- tomato sauce (no salt added)
- unsalted nuts
- olive or canola oil
- nonfat or low fat mayonnaise
- \_\_\_\_\_
- \_\_\_\_\_

Tip: Read nutrition labels.  
Choose foods with **less than 150 milligrams sodium** per serving.

### Frozen Foods

- vegetables, plain
- soy beans
- frozen fruit bars, popsicles, sorbets, or nonfat ice cream
- \_\_\_\_\_

### Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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## Less Salt - More Flavor!

Try lower salt seasonings. Your taste buds will learn to love it!  
Read labels and choose items with **less than 150** milligrams sodium per serving.



Chili Pepper – fresh or powder  
Dry Mustard / Wasabi  
Fruit – fresh or unsweetened dried  
Garlic – fresh or powder  
Ginger – fresh or powder  
Green onions, chives, leeks  
Herbs – fresh or dried (e.g. basil, rosemary)  
Italian Seasoning  
Lemon or Lime - juice and/or zest  
Lemon Pepper (choose a low salt one)  
Mrs. Dash & other salt-free herb mixes  
Pepper (black, white, red, etc)  
Salad Dressing Spritzer Spray  
Spices (cinnamon, cumin, ginger, etc)  
Tabasco Sauce  
Vegetables – fresh or dried  
Vinegar (e.g. white, red wine, balsamic)



Catsup  
Mirin  
Mustard  
Salt Substitutes – check with your doctor first;  
most are high in potassium  
Soy sauce Low Salt – dilute with rice vinegar  
Worcestershire sauce



Garlic salt and other seasoned salts  
Miso  
Oyster, Hoisin, Plum sauces  
Patis, Bagoong  
Salt of any type including Sea, Kosher, and  
Hawaiian or Alaea (red) salt  
Soy sauce  
Sweet Chili Sauce  
Teriyaki and other BBQ Sauces  
Most sauces & pre-made gravies

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