

Fiterature's Healthy Grocery Cheat Sheet



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BARNYARD BUDDIES		
	Toss in the Cart	Keep on the Shelf
Beef:	Eye, top, and bottom round; sirloin, flank steak; 90-95% lean ground beef	Rib-eye, porterhouse and t-bone steaks; 80% lean ground beef
Poultry:	Skinless chicken thighs; turkey legs	Ground Turkey; "enhanced" chicken breast
Pork:	Pork tenderloin; boneless pork loin chop	Premarinated cuts; pork blade chops
At the Deli:	Turkey breast, roast beef and Canadian bacon	Honeybaked ham, peppered turkey, bacon
FISHY FRIENDS		
	Tilapia, rainbow trout, wild smoked salmon, mahi mahi	Imported shrimp, bluefun tuna
THE GREATEST THING SINCE SLICED BREADS		
	100% whole grain	Multigrain, white
	Corn tortillas	Flour tortillas, spinach wraps
	Whole wheat bagels	Whole wheat English muffins
CARBO LOADING		
	Whole wheat, brown rice, buckwheat, quinoa or spelt	Egg noodle, spinach or "veggie"
	Homemade or low sodium sauce	Bottled red sauce, alfredo
	Quinoa, Brown rice	White rice
SALAD SPINNER		
	Red/Green leaf lettuce, kale, spinach, arugula	Iceberg, romaine, butterhead
	Vinaigrette or oil-based dressing, balsamic vinegar	Creamy dressing (ranch, thousand island, French) or "fat-free" dressings
MILK IT FOR ALL IT'S WORTH		
	Cow milk (whole, 2%, skim/non-fat), unsweetened soy, almond or hemp milk	Flavored Milk
	Parmesan, fresh mozzarella, soft goat and light ricotta cheeses	Cheddar, blended mixes, American cheeses
	Low-fat plain Greek yogurt	Traditional yogurt, fruit-on-the-bottom
YOU CAN (AND JAR) DO IT		
	Fruit - "light" or in juice	Fruit in heavy syrup
	Light or low sodium soup	Full sodium or "fat-free" soup
	Unsweetened applesauce	Sweetened or artificially flavored applesauce
	Natural peanut / almond butter	Reduced fat peanut butter
	Honey, pure maple syrup, organic agave nectar, unrefined brown sugar, stevia	Artificial sweeteners (aspartame), high fructose corn syrup, processed white table sugar
CRUNCH AND MUNCH		
	Air-popped popcorn	Microwave, oil popped popcorn
	Dark chocolate	Milk or white chocolate
	Whole grain crackers, trail mix	Flavored chips, crackers