Handout #30

Sports Food Swap: Grocery Shopping List

Grains and Starchy Vegetables

Breads
☐ Whole grain
☐ Bagel (whole grain)
☐ English muffin
☐ Rolls
☐ Pita bread
☐ Flour tortillas
☐ Corn tortillas
☐ _____
☐ _____

Cereal
☐ Bran flakes
☐ Cheerios
☐ Chex –any variety
☐ Grape nuts
☐ Raisin bran
☐ Oatmeal (instant or regular)
☐ Shredded wheat
☐ Special K
☐ Total (any variety)
☐ Wheaties
☐ _____
☐ _____

Crackers
☐ Graham
☐ Melba toast
☐ Reduced-fat crackers
☐ Rye crisps
☐ Rice cakes
☐ Saltines
☐ _____
☐ _____

Rice and Pasta
☐ Brown rice
☐ White rice
☐ Couscous
☐ Risotto
☐ Bulgur
☐ Spaghetti
☐ Noodles
☐ Macaroni, shells, etc.
☐ Spinach pasta
☐ Whole-grain pasta
☐ _____
☐ _____

Legumes and Beans
☐ Canned beans (any variety) _____
☐ Bagged beans (any variety) _____
☐ Lowfat refried beans
☐ Lentils
☐ Peas
☐ Chick peas
☐ Soy beans
☐ _____
☐ _____

Starchy Vegetables
☐ Corn
☐ Peas
☐ Potatoes (all)
☐ _____
☐ _____

Snacks – look for ones with 3 grams of fat or less <u>per serving</u>
☐ Pretzels
☐ Popcorn, light or plain
☐ Animal crackers
☐ Fig Newtons
☐ Ginger snaps
☐ Oatmeal raisin cookies
☐ Breakfast or cereal bars
☐ Lowfat granola bars
☐ _____
☐ _____

Other: Mixes and Packaged
☐ Pancake/waffle mix
☐ Pancake/waffle frozen
☐ Pizza crust (frozen or mix)
☐ Instant breakfast mix
☐ _____
☐ _____

Vegetables

Fresh, frozen, or canned
☐ Asparagus
☐ Beets
☐ Broccoli
☐ Cabbage
☐ Carrots
☐ Cauliflower
☐ Celery
☐ Chiles
☐ Green beans
☐ Lettuce: _____
☐ Bagged lettuce mixes
☐ Mushrooms
☐ Onions
☐ Peppers
☐ Salsa
☐ Squash
☐ Tomatoes
☐ Zucchini
☐ Vegetable juice
☐ _____
☐ _____

Fruits

Fresh, frozen, canned in light or own juice, or juice
☐ Apples (apple sauce)
☐ Bananas
☐ Berries (any)
☐ Grapes
☐ Guava
☐ Lemons
☐ Mango
☐ Melons
☐ Nectarines
☐ Oranges
☐ Papayas
☐ Peaches
☐ Pears
☐ Pineapple
☐ Plums
☐ Strawberries
☐ Watermelon
☐ Juice: _____
☐ Juice: _____
☐ _____
☐ _____

Milk and Milk Products

Lowfat or skim (nonfat)
☐ Milk
☐ Soy milk (calcium fortified)
☐ Rice milk (calcium fortified)
☐ Plain yogurt
☐ Fruit yogurt
☐ Soy yogurt
☐ Ice milk
☐ Frozen yogurt
☐ _____
☐ _____

Meat and Meat Alternatives (low to medium fat)

Poultry
☐ Skinless chicken breast
☐ Skinless turkey
☐ Ground chicken
☐ Ground turkey
☐ _____

Pork
☐ Canadian bacon
☐ Center loin
☐ Lowfat (lean) ham
☐ Tenderloin
☐ _____

Beef – choose <u>select</u> grade 1st then choice grade
☐ Chuck
☐ Flank
☐ Ground beef (lean 10% or less fat)
☐ Round
☐ Sirloin
☐ Tenderloin
☐ _____

Fish
☐ Clams
☐ Crab
☐ Lobster
☐ Salmon
☐ Shrimp
☐ Tuna
☐ White fish (any)
☐ _____

Eggs or Egg Alternative
☐ _____

Lowfat Cheeses
☐ Parmesan
☐ Lowfat cottage cheese
☐ Any lowfat cheese
☐ _____

Meat Alternatives
☐ Tofu
☐ Tempeh
☐ Textured vegetable protein
☐ Veggie Burgers
☐ Veggie dogs
☐ Veggie Meats
☐ _____
☐ _____

Fats and Oils

☐ Nuts and Seeds
☐ Oil (olive, canola, soy, safflower)
☐ Peanut butter