

# Heart-healthy grocery list

Make heart-healthy grocery shopping easy. Take this list with you to the store to promote heart health. Find heart-healthy recipes and info on a heart-healthy lifestyle at [healthpartners.com](https://www.healthpartners.com).

## Four things to remember when you shop

### 1 Fill your cart with fruits, vegetables and whole grains

These are full of fiber and good for your heart. They're also low in salt, added sugar and saturated fat.

### 2 Shop the perimeter of the store

Buy fresh foods from the outside edges of the store. Limit shopping from the center aisles. Those areas have lots of processed foods high in salt and fat.

### 3 Look for fewer ingredients

If you choose packaged foods, the fewer ingredients the better.

### 4 Eat more fiber

Buy vegetables, fruits and herbs. You can even infuse your water with them. Try limes, cucumber, berries or mint to help avoid sugary beverages.

## Instead of this

## Buy this

Donuts or pastries	Oatmeal or whole grain mini-bagels
Processed meats, hot dogs, bacon, sausage	Low-sodium canned fish or natural peanut butter
White bread, plain pasta, white rice	100% whole-grain bread, whole-grain pasta, wild rice, brown rice
Red meat	Fish or poultry without skin
Boxed or frozen dinners with more than 600 mg sodium	Low-sodium alternatives, salad kits or home-cooked meals
Chips or buttered popcorn	Unsalted nuts
Margarine, shortening, corn oil	Olive oil, ghee or canola oil
Bouillon and soy sauce	Low-sodium bouillon or soy sauce
Sugar-sweetened drinks	Water and calorie-free drinks

# Heart-healthy grocery cart



## Protein

Beans  
Eggs  
Fish  
Lean poultry  
Lentils  
Tofu

## Whole grains and fruit

Barley  
Brown rice  
Cassava  
Couscous  
Quinoa  
Oats  
Sweet potatoes  
Wild rice  
100% whole-wheat bread, pasta, buns, tortillas, pita  
Apples  
Bananas  
Frozen berries  
Kiwi

## Vegetables

Asparagus  
Broccoli  
Carrots  
Celery  
Cucumber  
Eggplant  
Green beans  
Leafy greens  
Mushrooms  
Okra  
Onions  
Radishes  
Tomato  
Zucchini

## Healthy fats

Avocado  
Canola oil  
Hummus  
Olive oil  
Oil-based dressing  
Unsalted nuts  
Unsalted seeds