



Shop smart. Shop healthy.

Most healthy eating choices start at the grocery store.
Finding the right foods is easy with the right know-how.

MEAT, FISH & POULTRY

Lunch portion: 1 serving

Serving example: A poultry, fish or lean meat serving about the size of a deck of cards.

Shopping tips:

- Look for chicken or turkey breasts, less fatty meat cuts like beef or pork tenderloin, and 95% lean ground meats.
- Remember, protein can come from other sources too, like beans and lentils.

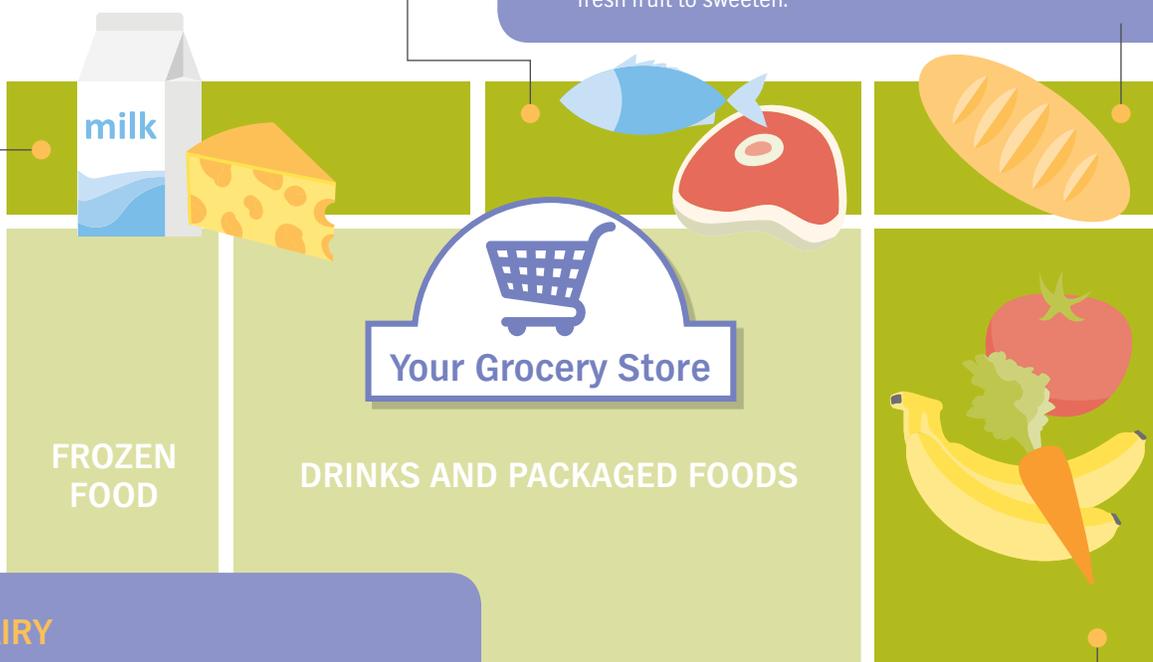
GRAINS

Lunch portion: 1-2 servings

Serving example: A slice of whole-grain bread; ½ cup of cooked wheat pasta or brown rice

Shopping tips:

- Read the labels - bread can be brown because of molasses or other added ingredients.
- Choose the least processed whole grain foods. For example, plain uncooked oatmeal is preferable to artificially flavored instant. Add fresh fruit to sweeten.



MILK & DAIRY

Lunch portion: 1 serving

Serving example: 1 cup of milk or yogurt; 1 ½ oz. of cheese

Shopping tips:

- Choose dairy products low in saturated fat.
- Some reduced-fat dairy products, like yogurt, ice cream and half-and-half, may contain a lot of added sugar.

FRUITS & VEGETABLES

Lunch portion: 2-3 servings

Serving example: 1 apple; ¼ cup of dried fruit; 1 cup raw, leafy greens; ½ cup of raw or cooked vegetables

Shopping tips:

- Fresh fruits and vegetables in season cost less and are likely to be at their peak flavor.
- Frozen vegetables can also be a good option.
- Choose canned fruit packed in juice or water, not syrup.



Build a healthier lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit/ Vegetable					
Grains					
Protein					
Dairy					

Shopping list

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