Grocery Shopping Made Easy with WellBAMA

Use this grocery list guide when grocery shopping for healthier options. Planning is a key component to eating healthier. The grocery list is organized by area, for better navigation through the store.

To begin, get your non-food items first (i.e. paper towels, napkins, etc.). Then work your way to the non-perishable center isles (i.e. canned goods, cereal, etc.). Next, head over to the frozen & refrigerated area and lastly, finish your grocery shopping in the produce section.

### Non-Perishable Center Isles
- NATURAL peanut butter
- Sugar-free jelly (with stevia or Splenda™)
- Mustard
- Light ranch (or plain fat free Greek yogurt and a ranch seasoning packet)
- Light salad dressing (balsamic)
- Smart Balance™ (or light) mayonnaise
- Extra virgin olive oil (for cooking)
- Canned tuna (in water)
- Low sodium soup
- Low sodium canned vegetables (fresh or frozen preferred)
- Reduced sodium spaghetti sauce
- Ground coffee
- Lipton tea packets (for unsweet tea)
- Stevia (a natural, calorie-free sweetener)
- Almonds, pistachios, or walnuts (unsalted)
- Whole wheat pasta
- Whole wheat bread or Whole wheat wrap (ex. Sara Lee Whole Wheat™, Nature’s Own Sandwich Flats™, etc.)
- Brown rice
- Dry beans or canned reduced sodium beans
- Cheerios™
- Oatmeal
- Granola bars (Nature Valley™)
- Baked Lays™
- Bottled water
- Crystal Light

### Frozen Section
- Frozen vegetables (Bird’s Eye™, Green Giant™, etc.)
- Frozen raw chicken (Tyson™)
- Frozen tilapia or salmon
- Lean Cuisines™
- Lean Pockets™

### Refrigerated Section
- 0% Fat Greek yogurt with fruit (Dannon™, Chobani™)
- Skim (0% or fat free) or 1% milk
- Eggs or Egg Beaters Egg Whites™
- Orange juice
- Reduced Swiss or provolone cheese
- Roasted turkey or ham deli meat (Sara Lee™, Hormel™)
- Reduced sodium turkey bacon
- Lean ground chuck
- Hummus

### Produce
- Bag of apples
- Bag of oranges
- Bananas
- Other fruits of choice (berries, grapes, tropical fruits, etc.)
- Potatoes and sweet potatoes
- Head of lettuce
- Bag of spinach
- Tomatoes
- Red or white onion
- Baby carrots
- Fresh veggies to steam, bake, or sauté for dinners (broccoli, cauliflower, cabbage, Brussels sprouts, eggplant, asparagus, collards, squash, etc.)