

# Children's Fitness Foundation™

## GROCERY CHECK LIST

Now That you understand how to eat healthy & live better let's GO SHOPPING. Using your grocery list; create a tasty yet healthy meal plan for the week on the next page. **(Simply pick a food from the list and match it with the nutrients on your Nutrition Log)**

### Fibrous Complex Carbohydrates:

#### Vegetables:

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Collard Greens
- Cauliflower
- Eggplant
- Green Beans
- Green Leafy Salads
- (The greener the better)
- Kale
- Mushrooms
- Okra
- Onions
- Peppers (Red, Yellow & Green)
- Spinach
- Zucchini

### Simple Carbohydrates High in Fiber Low in

#### Sugar, ONLY EAT AT BREAKFAST OR

#### MIDMORNING:

#### Fruits:

- These Fresh Fruits (avoid canned, sweetened or juice)
- Apple with skin
- Blackberries
- Blueberries
- Raspberries

### Lean Proteins, Vegetarian Choices Are \*:

#### Meats:

- Chicken Breast
- Fish (salmon, rainbow trout, herring, orange roughy, haddock, halibut, tuna, etc.)
- Nuts (almonds, walnuts, etc. – unsalted & unsweetened) \*
- Rice Protein \*
- Shellfish
- Tofu \*
- Top round steak (eye or round)
- Turkey
- Whey Protein \*

#### Dairy:

- Egg Whites
- Non-fat cottage cheese \*
- Non Fat Plain Yogurt \*

### Starchy Complex Carbohydrates:

#### Whole Grains:

- Barley
- Beans( Black, Lima, Kidney)
- Black eyed peas
- Buckwheat
- Chick Peas
- Lentils
- Millet
- Oatmeal (Regular; unsweetened)
- Oats
- Potatoes (baked and/or broiled w/ skin)
- Quinoa (keen-wa)
- Rye
- Slow-cooked Brown Rice
- Sweet Potatoes w/ skin
- Whole Grains (e.g., multigrain breads, pastas, cereals; try to avoid)
- Wild Rice
- Yams w/ skin

The foods that are highlighted will spike your blood sugar levels slightly higher than the others, they are still good choices; however the un-highlighted foods are excellent food choices.

#### Good Fats:

### Omega-3 Essential Fatty Acids,

#### Polyunsaturated Fat:

- Fish Oils
- Flaxseed Oil (e.g., Udo's Choice essential oil blend)
- Walnuts (raw and unsalted)

### Omega-6 Essential Fatty Acids,

#### Polyunsaturated Fat:

- Grape Seed Oil
- Safflower Oil
- Sunflower Oil, or seeds (raw and unsalted)

### Omega-9 Non-Essential Fatty Acids,

#### Monounsaturated Fat:

- Almonds (raw and unsalted)
- Avocado
- Canola Oil
- Olive Oil
- Peanut Oil
- Real Whole Natural Peanut Butter (Laura

