

# HEALTHY CONVENIENCE ITEMS AT MOST GROCERY STORES



## VEGETABLES

- Pre-washed salad greens
- Sliced cabbage
- Riced cauliflower (fresh or frozen)
- Riced broccoli (fresh or frozen)
- Pre-cut veggies (fresh or frozen)
- Minced garlic
- Baby carrots/carrot ribbons (fresh or frozen)
- Kale chips
- Beet chips
- Kimchi (Korean dish of fermented/pickled vegetables, typically Napa cabbage and daikon radish)
- Sauerkraut (fermented/pickled cabbage)



## FRUITS

- Fresh whole fruit (berries, kiwi, bananas, apples, stone fruit, etc.)
- Frozen fruit (mixed berries, mango, pineapple, etc.)
- Bare apple chips
- Unsweetened, unsulphured dried fruit (figs, mango, pineapple, apple, coconut, etc.)



## NUTS/SEEDS/LEGUMES

- Unsalted mixed nuts/pistachios/almonds/cashews
- Almond/peanut/cashew/sunflower butter
- Roasted chickpeas
- Low sodium canned beans (garbanzo, black, pinto, etc.)
- Fully cooked lentils
- Fat free refried beans
- Chia seeds/chia pods
- Flaxseed meal
- LARABAR bars
- Hemp seed hearts
- Tofu (firm, silken, seasoned, etc.)
- Tempeh
- Edamame



## GRAINS

- Frozen pre-made brown rice
- Frozen pre-made quinoa
- Pre-cooked and quick cook farro
- Frozen pre-made steel cut oatmeal
- Ancient grains oatmeal (grains that are largely unchanged over the last several hundred years, e.g., spelt, Kamut®, einkorn, emmer/farro, black barley, black rice, sorghum, teff, millet, quinoa, amaranth, buckwheat, wild rice)

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- Whole wheat tortillas/pita bread
- Corn tortillas
- Whole wheat/sprouted/Ezekiel whole grain bread
- Brown rice cakes
- Brown rice/quinoa
- Popcorn kernels
- 100% whole grain crackers (such as Ak Mak, Wasa or Trader Joe's Whole Grain Crispbread)
- 100% whole grain cereal with <5 g of sugar per serving (such as Barbara's or Post Shredded Wheat, Uncle Sam's)



## SAUCES/SOUPS/SEASONINGS

- Guacamole
- Salsa
- Hummus
- Balsamic vinegar
- Olive and avocado oil
- Marinara sauce (check for added sugar)
- Low sodium vegetable broth
- Low sodium chicken broth
- Organic low sodium soups
- Other organic soups
  - ◊ Carrot ginger with coconut soup
  - ◊ Golden quinoa and kale soup
  - ◊ Green pea soup
  - ◊ Black bean soup



## DAIRY

- Low fat/nonfat unsweetened (Greek) yogurt
- Low fat/fat free milk
- Unsweetened nondairy milk (almond, soy, rice, cashew, hemp, etc.)



## LEAN PROTEIN

- Grilled or roasted chicken breast slices
- Canned sardines or salmon