

HEART-HEALTHY SHOPPING LIST

BEST CHOICES

PROTEIN

Loin cuts of beef & pork
 Extra lean mince
 Fatty fish: salmon, trout, cod, sardines
 Grilled chicken (skinless)
 Shellfish: shrimp, prawns
 Eggs
 Nuts & seeds-low/no salt
 Cooked dried beans: black, kidney etc
 Lentils
 Hummus
 Soy or veggie burger-low salt

GRAINS

Always choose 100% wholewheat if possible

High-fibre breakfast cereal
 Oats
 Oat bran
 Tortillas (high fibre)
 Wraps (high fibre)
 Pitas (wholewheat)
 Bread, buns, rolls
 Whole grain pasta
 Brown rice
 Quinoa
 Couscous
 Barley
 Wheat berries
 Millet
 Sweet potatoes
 Potatoes
 Mielies/corn
 Rice cakes
 Low sodium grain crackers

FRUITS

All fresh & frozen
 Avocado
 Apple
 Orange
 Blackberries
 Blueberries
 Cherries
 Grapes
 Honeydew
 Kiwi
 Nectarine
 Mango
 Banana
 Peach
 Pear
 Pineapple
 Plum
 Raspberries
 Strawberries
 Watermelon
 Canned fruit (sugar-free)

VEGETABLES

All fresh & frozen (without sauce)
 Asparagus
 Red, yellow, green pepper
 Broccoli
 Brussel sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Cucumber
 Green beans
 Mushrooms
 Onions
 Peas, peapods, sugar snap peas
 Tomato, cherry tomato

DAIRY

Fat-free or 1% milk
 Fortified soymilk
 Light yoghurt
 Lowfat yoghurt
 Lowfat Greek yoghurt
 Cheeses (reduced fat & reduced sodium)

OILS

Olive oil
 Canola oil
 Tub margarine (no hydrogenated oils)
 Cooking spray
 Light mayonnaise
 Light salad dressing

OTHER

100% fruit juice
 100% fruit jam/jelly
 Tomato sauce (no salt added)
 Mustard (low salt)
 Vinegar
 Herbs & spices (no salt)
 Unsalted stock
 Apple sauce (sugar-free)

TREATS

100% fruit popsicles
 Light ice cream
 70% dark chocolate (30g/day)
 Air-popped popcorn
 No salt pretels
 Alcohol (confirm with your doctor)
 100% fruit juice

CHOICES TO LIMIT

PROTEIN

Chicken skin
 Pork ribs
 Ham/Bacon
 Fatty meat
 Sausages
 Take aways
 Processed meats

GRAINS

Limit white, refined grains
 Baked foods e.g., muffins, croissants, cakes, tarts
 Doughnuts
 Biscuits, pies, pastries
 Sugared cereal
 Creamy potato salads or pasta salads
 Macaroni & cheese
 Boxed rice/pasta mixes
 Potato chips
 Microwaved or oil-fried popcorn

FRUIT

Banana chips (fried)

VEGETABLES

Vegetables with cheese/ sauces
 Canned, full sodium vegetables
 Sauerkraut
 High sodium tomato juice

DAIRY

Whole milk
 Full fat cheese
 Powdered coffee creamer

Choose grains where the first ingredient listed is "whole grain _____"

Try and avoid impulse purchases.

Select a variety of fruits and vegetables every time you shop.

