

Get Started - Shopping List



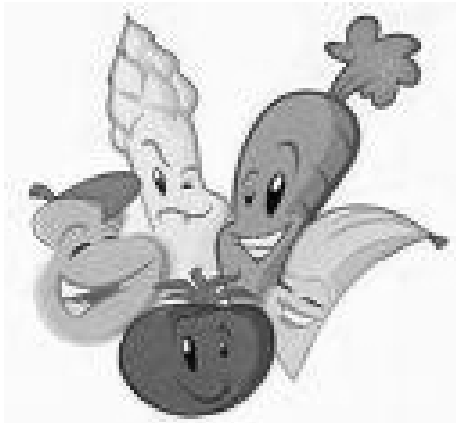
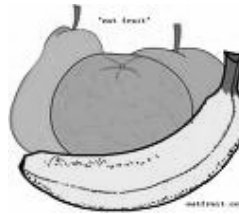
Fruits

Apples

Bananas

Oranges

Frozen: blueberries, strawberries



Vegetables

Lettuce or mixed greens

Spinach

Onions

Tomatoes

Cucumber

Zucchini

Carrots

Broccoli

Sweet potatoes

Egg & Dairy

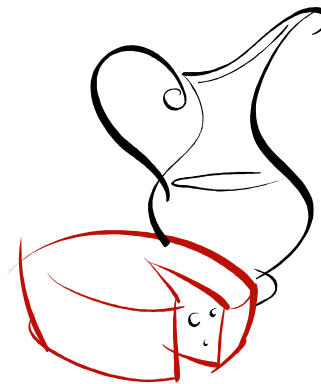
12- fat free yogurt

Milk, Skim, 1% or 2% milk (fat free soy milk)

Eggs 1 carton

Cheese low fat (less than 18% milk fat)

Cottage cheese, fat free or 1%

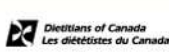


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AN INITIATIVE OF THESE BC HEALTHY LIVING ALLIANCE MEMBERS



IN PARTNERSHIP WITH





Breads & Grains

Whole wheat tortillas
Whole wheat bread
Whole wheat pitas
Cold Cereal (Raisin Bran, Kashi...)

Hot Cereal (Oatmeal, Red river)
Basmati or brown rice
Whole wheat pasta

Meat

Skinless boneless chicken breast
Lean ground turkey
Extra lean ground beef
Fresh fish fillets
Canned tuna
Canned salmon
Deli sliced ham or turkey



Canned & Condiments

Peanut butter, light all-natural
100% fruit jam
Canned garbanzo beans
Canned black beans
Canned lentils
Bouillon cubes
Almonds
Pumpkin seeds
Soy sauce
Salsa

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