

The Grocery List of a Healthy Family

Having a healthy grocery list helps you and your family to be healthy. It also helps you in shopping as well. Health is something that you cannot compromise. You must have heard the phrase “*Health is Wealth*”, that means that health is the most valuable gift.

In order to stay healthy, you should take healthy foods. In this blog, we will help you to create a list of healthy products. We will talk about 7 categories and then we will suggest to you what product you need to choose and why.

1. Bakery & Bread

- Flour tortillas (Whole-grain)
- Pita pockets
- English muffins
- Wheat bread

It is an advice that the flour tortillas (whole-grain) that you are looking for should have less than 100 calories per slice. Do search these keywords “whole wheat flour” or “whole wheat” when looking for wheat bread.

2. Meat & Seafood

- Chicken or Turkey (breast)
- Ground chicken/turkey
- Salmon, trout, halibut or any seafood of your choice
- Decrease the sodium lunchmeat (roast beef)

If you want to buy red meat then choose the one with leanest cuts. Always prefer ground turkey or ground chicken instead of ground beef. The reason is simple because ground turkey and ground chicken contain less fat comparatively.

3. Pasta & Rice

- Brown rice
- Whole-grain pasta

4. Oils, Salad Dressing, Condiments & Sauces

- Tomato sauce
- Barbecue sauce
- Salsa
- Canola oil, non-fat cooking spray, olive oil (extra virgin)
- Red pepper sauce
- Mustard

Unfortunately, many condiments and sauces contain a high amount of sugar and sodium which isn't good.

5. Cereals & Breakfast

- Multigrain cereals (Whole-grain will also work)
- Oatmeal
- Cereal bars (Whole-grain)

Consider buying cereals that are low in sugar but high in fiber. If you want to make your cereal sweet then use berries, nuts or dried fruits.

6. Soups & Canned Products

- Whole or sliced tomatoes (peeled)
- Salmon or tuna
- Broths and soup (Low-sodium)
- Garbanzo beans and split peas
- Green chilies (sliced)

Always prefer packed cans rather than syrup when buying fruits.

7. Frozen Foods

- Vegetables
- Fruits
- Shrimp
- Ice cream or yogurt

They all should be frozen. Frozen vegetables help to give a better taste in soups, stews as well as casseroles. You can make an amazing smoothie by adding frozen yogurt with fruits and blend it.