

## Healthy Shopping List Template

This grocery shopping list is organized around the five food groups of the [USDA Food Guide Pyramid](#). Edit and add specific items to purchase on your next food shopping trip.

**Vegetable Group:**

3-5 servings  
per person per day  
Carrots  
Lettuce  
Peppers  
Tomatoes  
Broccoli  
Squash  
Root vegetables  
Onions  
Celery  
Frozen vegetables  
Canned vegetables  
Fresh herbs  
Tomato sauce

**Fruit Group:**

2-4 servings  
per person per day  
Citrus fruits  
Tropical fruits  
Bananas  
Apples  
Pears  
Berries  
Raisins  
Dried fruit  
Applesauce  
Canned fruit  
100% fruit juice

**Grains Group:**

6-11 servings  
per person per day  
Bread  
Bagels  
Rolls  
Muffins  
Pancakes  
Tortillas  
Crackers  
Flour  
Cornmeal  
Hot cereal  
Cold cereal  
Pasta  
Rice  
Couscous  
Orzo  
Pretzels  
Popcorn

**Combination Foods:**

count servings within  
appropriate food  
groups  
Macaroni and cheese  
Canned soup  
Frozen entrees  
Frozen meals

**Meat & Meat  
Substitutes Group:**

2-3 servings  
per person per day  
Beef  
Ground beef  
Pork  
Chicken  
Ground chicken/turkey  
Fresh fish  
Frozen fish  
Canned fish  
Beef or chicken broth  
Dry beans  
Canned beans  
Eggs  
Egg substitute  
Peanut butter  
Nuts

**Milk, Yogurt and  
Cheese Group:**

2-3 servings  
per person per day  
Milk  
Buttermilk  
Dry milk powder  
Cheese  
Ricotta cheese  
Cottage cheese  
Cream cheese  
Flavored yogurt  
Plain yogurt  
Sour cream

**Fats, Oils and Sweets:**

Use sparingly.  
Butter  
Margarine  
Vegetable oil  
Olive oil  
Jelly  
Syrup  
Sugar  
Snack foods