

# AvanceCare Grocery Shopping Guide

## BREADS

### CHOOSE:

- 100% Whole wheat bread, buns, bagels, english muffins, etc.
- "WHOLE" as the first word in the ingredient list (whole wheat, whole rye, etc.)
- Sandwich thins and bagel thins as a low-carb option

**INGREDIENTS:**  
WHOLE GRAIN WHEAT FLOUR,  
WATER, SUGAR, WHEAT GLUTEN,  
SOYBEAN OIL, NATURAL FLAVOR,  
SEA SALT, YEAST, CULTURED  
WHEAT FLOUR, MOLASSES, SOY  
LECITHIN, RAISIN JUICE, VINEGAR,  
ASCORBIC ACID; TOPPED WITH  
WHEAT BRAN.



### LIMIT:

Honey wheat, multi grain and gluten free may not be whole grains

## WRAPS & TORTILLAS

### CHOOSE:

- 100% Whole grain tortilla wraps, including corn tortillas
  - Smaller, 6 to 8-inch tortillas
  - Products labeled "low-carb," "carb balance," or "high fiber"
- No more than 30g carb



### LIMIT:

Large, burrito sized (12-inch), white flour tortillas

# CEREALS

## CHOOSE:

- Whole grain, low sugar cereals (<8g sugar and >3g fiber)
- Plain old-fashioned or steel cut oats
- Single serving oatmeal packets with <10g sugar
- Granola with <6g sugar per 1/4th cup



## LIMIT:

Sugary, frosted, flavored (including honey-sweetened) cereals

# GRANOLA & PROTEIN BARS

## CHOOSE:

- Bars with 200 calories or less, less than 10g of sugar, and more than 5g of protein, and >3g fiber



## OTHER BREAKFAST OPTIONS

### CHOOSE:

- Whole grain bread products, with added protein if needed

### NOTE:

- Regular eggs are nutritionally adequate. Free-range/cage-free, etc, do not provide much more nutritional added value for the price
- Consume egg yolks in moderation for those with diabetes and/or heart disease - egg whites are a great option to keep at home



## GRAINS

### CHOOSE:

- Whole grains: brown rice, quinoa, barley, wild rice, whole wheat pasta, farro, wheat couscous
- Frozen, steamable grains with no sauce or seasoning
- White pastas with added fiber, pastas made from beans such as edamame, lentil, or chickpea pasta (more protein and fiber)



### LIMIT:

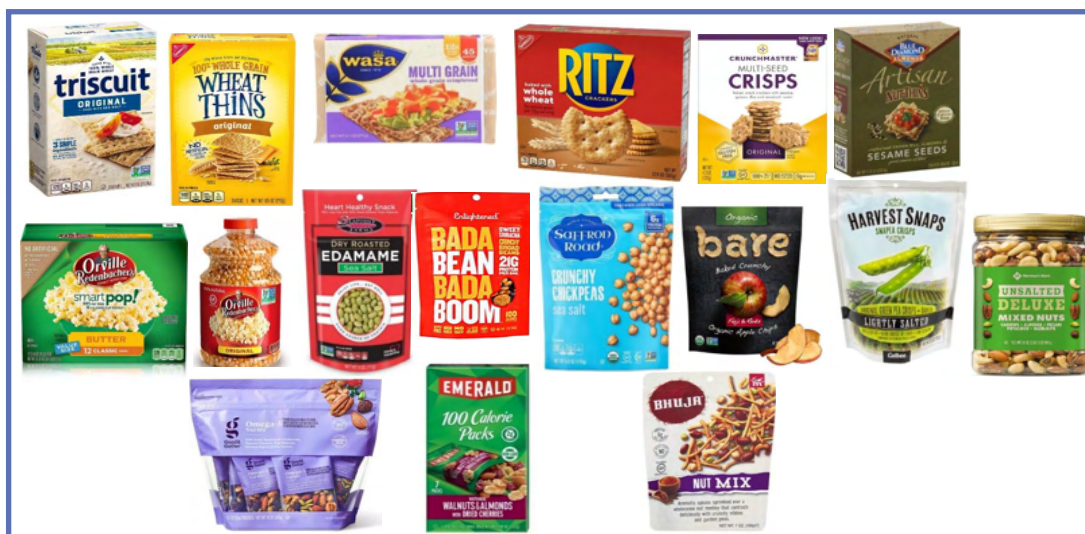
White rice, basmati rice, yellow and seasoned (buttered) rice or grains containing excessive sodium (>20% of total daily value)



## CRACKERS & SNACKS

### CHOOSE:

- Snacks with high nutrient value including whole grain crackers, dried and fresh fruit, low sodium nuts and seeds, low-fat popcorn, guacamole, hummus, and low-fat dairy products
- Look for snack sizes or snacks that are already portioned out/transportable
- Lightly salted or no salt added snacks



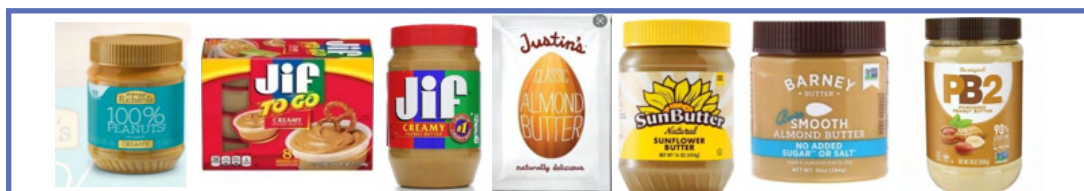
### LIMIT:

Chips and crackers made with enriched white flour, cookies, candy, and other sweets

## NUT BUTTERS

### CHOOSE:

- Using packets or cups can help with portion size and portability
- Try adding a different variety of healthy fats like almond butter, cashew butter, and peanut butter
- Sunflower butter is a good alternative for those with tree nut allergies
- PB2 powder is a great option to add protein and healthy fats for baked goods, smoothies, etc



### LIMIT:

Be aware that some brands contain added sugars. Look for one ingredient: nuts. "Natural" does not mean it does not have added oils & sugars. Always read the ingredients list!

## FRUITS & VEGETABLES

### CHOOSE:

- Bagged salads, pre-packaged individual salads containing lots of veggies
- Buy fresh precut produce to decrease on prep time when cooking meals
- Fresh fruits and vegetables
- Frozen vegetables without added sauce or seasonings, steamables are great options
- Frozen fruit without added syrup
- Canned fruit in 100% juice or no-sugar added, low sodium or no salt added
- Canned vegetables
- Dried fruit without added sugars



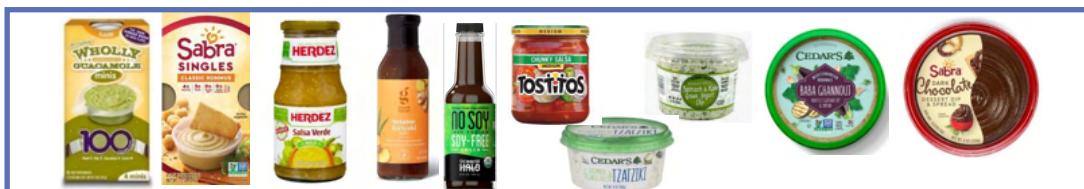
### LIMIT:

- Fruit canned in light or heavy syrup, frozen vegetables with cheese or sauces
- Canned vegetables, seasoned, high in sodium
- Fruit and vegetable drinks loaded with added sugars and little fiber (Naked, Bolthouse)

## DIPS & SAUCES

### CHOOSE:

- Use in wraps, salads, sandwiches, bowls to add flavor
- Pre-portioned packs for travel, and smaller serving sizes
- Vegetable-based, Greek yogurt-based



### LIMIT:

Rich, cream-based dips like queso, cheese, ranch dip

## BEVERAGES

### CHOOSE:

- Regular or sparkling water
- Herbal tea, cold infused teas, green tea is high in antioxidants
- Homemade infused water, flavored waters without sugar
- Try adding lemon, fresh mint, and unsweetened carbonated water to add flavor to beverages



### LIMIT:

Sugar-sweetened beverages like sweetened tea, sodas, and juices

## MILK

### CHOOSE:

- Skim, 1%, 2%, low-fat cow's milk
- Unsweetened, unflavored dairy-alternatives: soy milk, almond, oat (with protein and calcium added, if possible)



### LIMIT:

Whole milk and sweetened cow's milk or dairy alternatives with flavors added (such as chocolate, strawberry, or vanilla)

## CHEESE

### CHOOSE:

- Reduced fat, skim, or light
- Goat, feta, brie, light spreadable cheeses, provolone, parmesan and thin sliced deli cheeses
- If purchasing sliced cheese at the deli counter, look for a low-sodium variety and ask for thinly sliced cheese



## YOGURT/COTTAGE CHEESE

### CHOOSE:

- Low-fat/ fat free, plain flavored Greek or Icelandic yogurt (both contain more protein), cottage cheese, or kefir
- Flavored varieties with <12g sugar



### LIMIT:

Fruit on the bottom, added candy, chocolate, fruit syrups, or crunch

## BUTTERS/CREAMS/OTHER DAIRY

### CHOOSE:

- Low-fat, light or 1/3 less fat cream products, like Neufchatel cheese, whipped cream cheeses (like Greek Cream Cheese), light sour cream OR substitute with plain Greek yogurt
- Light mayonnaise, or Mayonnaise made with avocado, olive oil or other vegetable oil
- Vegetable oil-based blends, or 100% vegetable oil plant-based “butters”
- Unsalted, light butters
- Look for butter which contain plant stanols to help reduce cholesterol





**LIMIT:**

- Full fat creams or other dairy products
- Use of butters and margarines that are high in saturated fats and sodium

**TREATS**

**CHOOSE:**

- Light ice cream or frozen yogurt
- Any amount of treat foods (small cookies, slices of cake or pie, etc.) with about 150 calories and 20g carbohydrate or less
- Nutrient dense treats containing fruit with no added sugar or made with whole grains or oats
- Mini desserts to help control portion size
- Freeze grapes or watermelon at home if looking for a sweet frozen treat



**LIMIT:**

- Beware of non-dairy ice cream, as they are often not low in added sugar, saturated fat
- Beware of “keto” ice cream as these may be high in saturated fat

**BREAKFAST MEAT**

**CHOOSE:**

- Center cut and/or low sodium, uncured breakfast meats
- Low sodium turkey bacon, Canadian Bacon, and turkey or chicken sausage



**LIMIT:**

All breakfast meats should be eaten in moderation



## MEAT

### CHOOSE:

- Lean cuts of beef and pork with minimal white marbling (fat)
- Words like “loin” or “round” indicate a leaner cut than “chuck”  
Examples: At least 90% lean ground beef, sirloin, tenderloin, top loins, London broil, pork tenderloin and center cut pork chops
- Boneless, skinless chicken breast
- Whole roasted chicken with skin removed
- Dark meat chicken (thigh and legs) are fine in moderation, but white meat should be eaten most often
- At least 90% lean ground chicken or turkey to replace/limit ground beef



### LIMIT:

- Try to reduce red meat to x1-x2 servings per week
- Fatty cuts of meat such as ribeye, T-bone or any 75%-85% lean ground meat
- Frozen plain or breaded chicken which contain injected sodium

## DELI MEAT

### CHOOSE:

- Lean cuts of beef and pork with minimal white marbling (fat)
- Words like “loin” or “round” indicate a leaner cut than “chuck”  
Examples: At least 90% lean ground beef, sirloin, tenderloin, top loins, London broil, pork tenderloin and center cut pork chops
- Boneless, skinless chicken breast
- Whole roasted chicken with skin removed
- Dark meat chicken (thigh and legs) are fine in moderation, but white meat should be eaten most often
- At least 90% lean ground chicken or turkey to replace/limit ground beef





## FROZEN ENTREES

### CHOOSE:

- Meals that contain approximately 300-500 calories, 30% calories from fat or less, at least 15g protein, 30-45g carbohydrate, less than 600mg sodium and at least 3g fiber
- If meals are lower in calories, add lean protein, fruit, low fat yogurt, extra veggies to make the meal more complete



### LIMIT:

-Excess sodium (+600 mg of sodium)

## FROZEN PIZZA

### CHOOSE:

- Thin crust, whole wheat/grain crust pizza with lots of vegetable toppings
- Pizzas that contain less than 700mg sodium, 6g saturated fat or less, and less than 350 calories per serving



### LIMIT:

-Excess sodium (+600 mg of sodium)





# Sample Shopping List

Use the list below as a guide on your next trip to the grocery store. Depending on your preferences and the amount of people you are feeding, you may not need all the items on this list.

## REFRIGERATOR

- Fresh fruit (a few of your favorites)
- Fresh vegetables (a few of your favorites - focus mostly on non-starchy vegetables)
- Skim milk, 1% low-fat milk, or unsweetened soy milk
- Nonfat or low-fat yogurt or Greek yogurt
- Eggs or egg substitute
- Cottage cheese
- Reduced-fat cheese
- Fresh meat, poultry, or fish

## FREEZER

- Frozen fruit
- Frozen vegetables
- Frozen fish fillets or shellfish

## SPICE CABINET

- Balsamic vinegar or other vinegars (white wine, rice, or cider vinegar)
- Pepper
- Salt-free spices
- Salt-free dried herbs or spice blends
- Cooking spray
- Canola oil
- Olive oil

## PANTRY

- Canned vegetables (no salt added)
- Canned fruit (canned in juice or water)
- Canned beans (no salt added, if available)
- Fat-free refried beans
- Canned tuna or salmon
- Steel cut or old-fashioned oats
- Whole grain cereal
- Brown rice or other whole grains (quinoa, bulgur, or whole grain barley)
- Whole wheat pasta
- 100% whole wheat bread, pita or tortillas
- Dried fruit
- Unsalted nuts
- Natural peanut butter or another nut butter
- Seeds (sunflower, flax, chia)
- Popcorn (light)
- Potatoes (white or sweet)
- Spaghetti sauce