



Children's Hospital Boston
Preventive Cardiology

& Stock A Healthy Kitchen &

In your Refrigerator & Produce drawers:

Protein

- Eggs & Egg-beaters
- Lean deli meats e.g. ham or turkey breast
- Yogurt
- Part-skim mozzarella cheese & string cheese
- Reduced fat Cheddar/American/Swiss cheese
- Parmesan or Romano cheese
- Goat cheese
- Feta cheese
- 1% cottage cheese
- Tofu - extra firm/ baked

Vegetables

- Ready-to-eat salad mix
- Ready-to-eat veggie sticks e.g. baby carrots, celery, peppers
- Romaine lettuce, mesclun mix
- A variety of dark green veggies e.g. spinach, broccoli
- Tomatoes
- Cucumber
- Carrot
- Cabbage
- Green beans
- Onions
- Sweet corn
- Sweet potato
- Garlic
- Other: _____

Fruit

- Apple
- Banana
- Grapefruit
- Grapes
- Kiwi
- Mango
- Orange
- Peach, plum
- Pear
- Strawberries
- Other: _____

Spreads & dressings

- Brummel & Brown Yogurt Spread
- Smart Balance
- Natural Style peanut butter, reduced-fat peanut butter
- Soy butter, almond butter
- Mayonnaise (low-fat)
- Low-fat creamy salad dressings
- Low fat sour cream

Drinks

- Skim or 1% milk
- Tomato juice, V8 juice
- 100% Fruit juices (calcium-added)
- Bottled water
- Fruit2O
- Diet iced tea

In your Freezer:

Freeze individual portions of –

- Chicken breast
- Turkey breast
- All kinds of fish
- Veggie burgers
- Shrimp
- Frozen entrees (< 300kcal/ serving)
- Mixed vegetables e.g. broccoli spears, corn, carrots, peas, spinach (no sauces)
- Frozen popsicles
- Ice-cream, frozen yogurt or sorbet (individual servings)
- Frozen waffles (high fiber)
- Frozen fruits e.g. berry mix, tropical mix, mashed bananas
- Frozen juices
- Other: _____

% SHOPPING TIP: No Time? When food shopping each week, take 5 minutes & compare the labels of one type of food i.e. cereals, frozen yogurts, dressings etc. At the end of the month, you're making better choices at the market. ☺