



3 Winning Steps Shopping List



Step #1

Fruits, Vegetables,

Vitamin E

- Almonds
- Avacado or Guacamole
- Corn Oil
- Low-fat Mayonaise
- Extra Virgin Olive Oil
- Natural Peanut Butter
- Peanuts or Walnuts
- Salmon
- Sesame Oil
- Soybean Oil
- Sunflower Seeds or Oil

High Priority List- Vitamins A & C

- | | |
|---|---|
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Brussels Sprouts |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Dark Salad Greens |
| <input type="checkbox"/> Dried Papaya | <input type="checkbox"/> Grapefruit (Pink or Red) |
| <input type="checkbox"/> Red Peppers | <input type="checkbox"/> Guavas |
| <input type="checkbox"/> Red Marinara | <input type="checkbox"/> Mandarin Oranges |
| <input type="checkbox"/> Salsa | <input type="checkbox"/> Mangos |
| <input type="checkbox"/> Tomato Juice | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Tomato Sauce | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> V8 (Vegetable Drink) | <input type="checkbox"/> Yams |
| <input type="checkbox"/> Winter Squash | |

Vitamin A

- Apricots
- Carrots
- Cheese
- Green Peas
- Peaches
- Pumpkin

Vitamin C

- Cauliflower
- Green Beans
- Kiwi
- New Potatoes w/ Skin
- Oranges
- Pineapple
- Raisins
- Strawberries
- Pea Pods
- Radish
- Green/Yellow Pepper
- Grapefruit, Lemons, Limes

Step #2

Lean & Low-fat Protein

Best Choices

- 95% Lean Ground Beef
- 95% Lean Ground Turkey
- 95% Lean Ham
- Beans & Peas
- Chicken-White Meat Skinless
- Fat Free Ice Milk
- Low Fat Cottage Cheese
- Non Fried Fish or Seafood
- Skim Milk or Soy Milk
- Trimmed Beef or Pork Roast
- Turkey-White Meat Skinless
- White Meat Tuna in Water
- Whole Grains
- Yogurt from Skim Milk

Second Best Choices

- | | |
|--|---|
| <input type="checkbox"/> 2% Milk | <input type="checkbox"/> Baked Chicken Strips/Nuggets |
| <input type="checkbox"/> 85% Lean Ground Beef | <input type="checkbox"/> Chicken-Dark Meat Skinless |
| <input type="checkbox"/> 85% Lean Ground Turkey | <input type="checkbox"/> Dark Meat Tuna in Water |
| <input type="checkbox"/> 85% Lean Ham | <input type="checkbox"/> Frozen Ice Milk |
| <input type="checkbox"/> 85% Lean Encased Meats | <input type="checkbox"/> Low Fat Pudding |
| <input type="checkbox"/> Low Fat Cheese | |
| <input type="checkbox"/> Low Fat Yogurt | <input type="checkbox"/> All-natural Peanut Butter |
| <input type="checkbox"/> Regular Cottage Cheese | <input type="checkbox"/> Ricotta Cheese |
| <input type="checkbox"/> Regular Yogurt | <input type="checkbox"/> Skim Mozzarella Cheese |
| <input type="checkbox"/> Trimmed Lamb | <input type="checkbox"/> Trimmed Choice Steaks |
| <input type="checkbox"/> Trimmed Beef Brisket | <input type="checkbox"/> Trimmed Pork Chops |
| <input type="checkbox"/> Turkey Bacon or Sausage | <input type="checkbox"/> Turkey-Dark Meat Skinless |

Limit

- 75% Lean Ground Beef
- 75% Lean Ground Turkey
- Bacon
- Beef or Pork Ribs
- Chicken-With Skin
- Fried Chicken
- Fried Fish or Seafood
- Ham on Bone
- Ice Cream
- Regular Cheese
- Regular Encased Meats
- Whole Eggs
- Whole Milk

Valuable Tips:

- Fill your cart with the 'Best Choice' foods
- Choose a variety of Step #1 foods- they're all good!
- Buy in bulk whenever possible- share w/ a teammate
- Buy all-natural peanut butter- the only ingredient is peanuts
- Fresh & frozen produce is best. Buy a combo. (canned if necessary).
- Most of the food you buy should be found around the perimeter of the store- not in the aisles
- Always check expiration dates on perishable items
- Remember every time the butcher processes the meat, (ie. skin or bone out) the cost goes up.
- Don't shop when you're hungry

Step #3

High Quality Carbohydrates

Best Choices

- Acorn Squash
- Black Beans
- Butter Beans
- Cherries
- Cucumbers
- Zucchini
- Eggplant
- Spinach
- Green Beans
- Kidney Beans
- Lentils
- Mushrooms
- Nectarines
- Onions
- Pears
- Plums
- Split Peas
- Summer Squash

Second Best Choices

- | | |
|--|--|
| <input type="checkbox"/> All Bran Cereal | <input type="checkbox"/> Apples |
| <input type="checkbox"/> Baked Beans | <input type="checkbox"/> Go Lean Crunch Cereal |
| <input type="checkbox"/> Bran Chex | <input type="checkbox"/> Bananas |
| <input type="checkbox"/> Brown or Wild Rice | <input type="checkbox"/> Cornmeal |
| <input type="checkbox"/> Cherrios | <input type="checkbox"/> Grapes |
| <input type="checkbox"/> Cream of Wheat | <input type="checkbox"/> Green Peas |
| <input type="checkbox"/> Lima Beans | <input type="checkbox"/> Macaroni |
| <input type="checkbox"/> Mini or Shredded Wheat | <input type="checkbox"/> Oatmeal Cookies |
| <input type="checkbox"/> Multi Grain Bread | <input type="checkbox"/> Popcorn |
| <input type="checkbox"/> New Boiled Pot. w/ Skin | <input type="checkbox"/> Raisin Bran |
| <input type="checkbox"/> Oat Bran | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Oatmeal | <input type="checkbox"/> Ravioli |
| <input type="checkbox"/> Pita Bread | <input type="checkbox"/> Spaghetti |
| <input type="checkbox"/> Rye Bread | <input type="checkbox"/> Sweet Corn |
| <input type="checkbox"/> Special K Cereal | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Tortillas | <input type="checkbox"/> Water Crackers |
| <input type="checkbox"/> Unsweetened Fruit Juice | <input type="checkbox"/> Wheat Crackers |
| <input type="checkbox"/> Whole Grain Bread | <input type="checkbox"/> Whole Wheat Flour |

Limit

- Candy
- Cartoon Character Cereals
- Doughnut
- French Bread
- French Fries
- Golden Grahams
- Grapenuts
- Hashbrowns
- Cakes/Pies
- Melba Toast
- Puffed Rice
- Refried Beans
- Sweetened Drinks
- Total Cereal
- White Bread
- White Flour
- White Rice