Cooking Heart Smart.com
Meal Plans and Recipes for Heart Health

# Heart Healthy Grocery List

**Stock your kitchen with these "good for your heart" foods**

***Basic ingredients are the foundation of every meal***

## Produce

Yellow/Red Onions

Garlic - Fresh or Jarred

Carrots

Celery

Romaine Lettuce

Bell Pepper

Jalapeno Pepper

Zucchini

Baby Spinach

Grape or Cherry Tomatoes

Flat Leaf Parsley

Red, Gold, or Russet Potatoes

Lemons/Limes

Avocados

Any Fruit that's on sale

## Pasta, Grains & Bread

Whole Wheat or Regular Orzo

Regular Spaghetti

Low Sodium Marinara Sauce

Instant White or Brown Rice

Whole Grain Bread Thin-Sliced

Whole Wheat or Regular Penne

Toasted Oats Cereal

Fiber & Protein Instant Oatmeal

Fruit and Nut Granola Bars

Saltine Crackers with Unsalted Tops

Low Carb Flour Tortillas

## Dairy, Eggs & Cheese

Buttery Spread with all natural ingredients

Parmesan Cheese kept in an airtight container

Large Eggs

2% Milk

Light Sour Cream

Unsalted Butter (use sparingly to enhance a sauce)

Reduced Fat Cheddar Cheese

Low Moisture Part Skim Mozzarella Cheese

Any Non or Low Fat Yogurt with no added sugars

2% Milkfat Cottage Cheese

## Canned Goods & Soup

Low Sodium Chicken Broth

No Salt Added Diced Tomatoes

No Salt Added Tomato Paste

No Salt Added Tomato Sauce

Lemon and Lime Juice (100% juice, no additives)

Less Sodium Cream of Mushroom Soup

No Salt Added Green Beans

No Salt Added Black Beans

Fruit Cups packed in 100% juice

Less Sodium Cream of Chicken Soup

Low Sugar Nutrition Drinks

Sugar Free Jello or Pudding

## Meat, Seafood & Deli

Boneless Skinless Chicken Breasts

93% Lean Ground Beef

Beef Sirloin Steaks

Thin Cut Boneless Skinless Chicken Breasts

Frozen Fish Fillets (Tilapia, Cod, Halibut, lowest sodium)

Frozen Shrimp (Large or Extra-Large, lowest sodium)

Low Sodium Deli Turkey or Roast Beef

## Condiments

50/50 Ketchup (Low Sodium and Low Sugar)

Worcesteshire Sauce

Dijon Mustard

Real Bacon Bits

Reduced Sodium Soy Sauce

Roasted Red Peppers

Marinated Artichoke Hearts

Light Salad Dressing

Unsalted Peanut Butter (just peanuts)

Regular Mayonnaise (Low-Fat or Fat Free just means more sodium than regular mayo)

## Spices

Kosher Salt

Black Pepper

Dried Oregano

Ground Cumin

Crushed Red Pepper

Dried Thyme

Chili Powder (lowest sodium or salt free)

Italian Seasoning

Dried Basil

Dried Minced Onion

Garlic Powder

Onion Powder

Salt Free Seasoned Salt

## Oils and Vinegars

Canola Oil

Olive Oil

Grapeseed Oil

Avocado Oil

Cider Vinegar

Unseasoned Rice Vinegar

Recipes, Meal Plans, and Guides are intended to help you make better food choices. Please consult with your doctor before starting any new diet.
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