

Shopping for Health

Grocery Store Tour List



dietitian's
choice

Produce

- All produce!
- Chopped Salad Kits
- Zoodles and Cauliflower Crumbles
- Short Cut Fruits and Vegetables

Refrigerated Produce Section & Dressings

- Yogurt Dressings (Bolthouse)
- Hummus (for dipping veggies)
- Fresh Salsa
- Guacamole

Deli Meats & Cheeses

- Di Lusso reduced sodium premium meats and cheeses
- Hormel Natural Choice deli meats
- Hy-Vee Gourmet Cheese Wedges or Laughing Cow Cheese Wedges
- Babybel

Meat Department

- Lean Choices - look for "round" or "loin" in the name
- Hy-Vee Angus Reserve Top of Iowa Sirloin, Hy-Vee Angus Reserve Bottom Round Roast and Hy-Vee Angus Reserve Bottom Round Steak
- Seafood: Salmon, albacore tuna, herring, mackerel, shrimp (go for frozen for money savings)

Bread and Grains

- Look for 100% whole-grain products - check the ingredients! Does the first ingredient say "whole wheat"? (Sara Lee Delight bread)
- Brown Rice
- Quinoa
- Barley

Grocery

- "No Salt Added" Canned Vegetables
- Fruit in 100% fruit juice or no-sugar-added varieties
- Tuna or Salmon packed in water
- Smucker's Peanut Butter

Snacks

- Whole-Grain Crackers (or Nut Thins)
- Nuts (raw or roasted with no added salt)
- Popcorn (look for air-popped or reduced-fat/sodium options)

Frozen

- Fruit
- Steam Fresh Vegetables
- Meat Alternatives: Moring Star, Boca or Quorn Products
- Seafood

Dairy

- 1% or Skim Milk
- Milk Alternatives: Almonds, Soy, Coconut, Rice, Cashew, etc.
- 1% Cottage Cheese
- Greek Yogurt or Light Yogurt

HealthMarket

- Kashi products
- Snack Bars (Kind, Lara bars, RX, etc.)
- Chia seeds and ground flax
- Quinoa & Ancient Grains
- Almond & natural peanut butter
- Protein powders & supplements
- Frozen fruits and vegetables
- Kefir
- Beanitos (Chips made with beans)