

GROCERY LIST

Look for some items in this list in your kitchen and bring them to the class.

1. Bakery and Bread

- Whole wheat bread, pita pockets, and English muffins
- Whole-grain flour tortillas
- Fresh breads
- Muffins
- Cakes to order

2. Meat and Seafood

- Skinless chicken or turkey breasts
- Ground turkey or chicken
- Salmon, halibut, trout, mackerel, or your favorite seafood
- Reduced-sodium lunchmeat (turkey, roast beef)
- Packaged beef
- Fish

3. Pasta and Rice

- Brown rice
- Whole wheat or whole-grain pasta
- Spaghetti
- Penne
- Wild rice

4. Oils, Sauces, Salad Dressings, and Condiments

- Tomato sauce
- Mustard
- Barbecue sauce
- Red-wine vinegar
- Salsa
- Extra virgin olive oil, canola oil, nonfat cooking spray
- Jarred capers and olives
- Hot pepper sauce
- Ketchup
- Salad dressings
- Oil

5. Cereals and Breakfast Foods

- Whole-grain or multigrain cereals
- Steel-cut or instant oatmeal
- Whole-grain cereal bars
- Boxed breakfast cereals and bars
- Oats
- Granola.

6. Soups and Canned Goods

- Diced or whole peeled tomatoes

- Tuna or salmon packed in water
- Low-sodium soups and broths
- Black, kidney, soy, or garbanzo beans; lentils, split peas
- Diced green chilies
- Beans
- Pasta sauce
- Canned fruit and vegetables

7. Frozen Foods

- Frozen vegetables: broccoli, spinach, peas, and carrots (no sauce)
- Frozen fruit: strawberries, raspberries, blueberries (without added sugar)
- Frozen shrimp
- Pre-portioned, low-fat ice cream or frozen yogurt
- Whole-grain waffles
- Whole-grain vegetable pizza
- Juice
- Pizzas

8. Dairy, Cheese, and Eggs

- Skim or low-fat milk or soymilk
- Fat-free or low-fat yogurt
- Fat-free or low-fat cottage cheese
- Low-fat cheese or string cheese snacks
- Eggs or egg substitutes
- Firm tofu
- Butter or spread (a variety that doesn't contain hydrogenated oils)
- Milk

9. Snacks and Crackers

- Whole-grain crackers
- Dried fruit: apricots, figs, prunes, raisins, cranberries
- Nuts: almonds, cashews, walnuts, peanuts, pecans, pistachios (roasted and unsalted)
- Seeds: sunflower seeds, sesame seeds, whole or ground flaxseeds
- Peanut butter, almond, or soy butter
- Hummus
- Dark chocolate pieces
- Chips
- Packaged candy
- Cookies
- Crackers

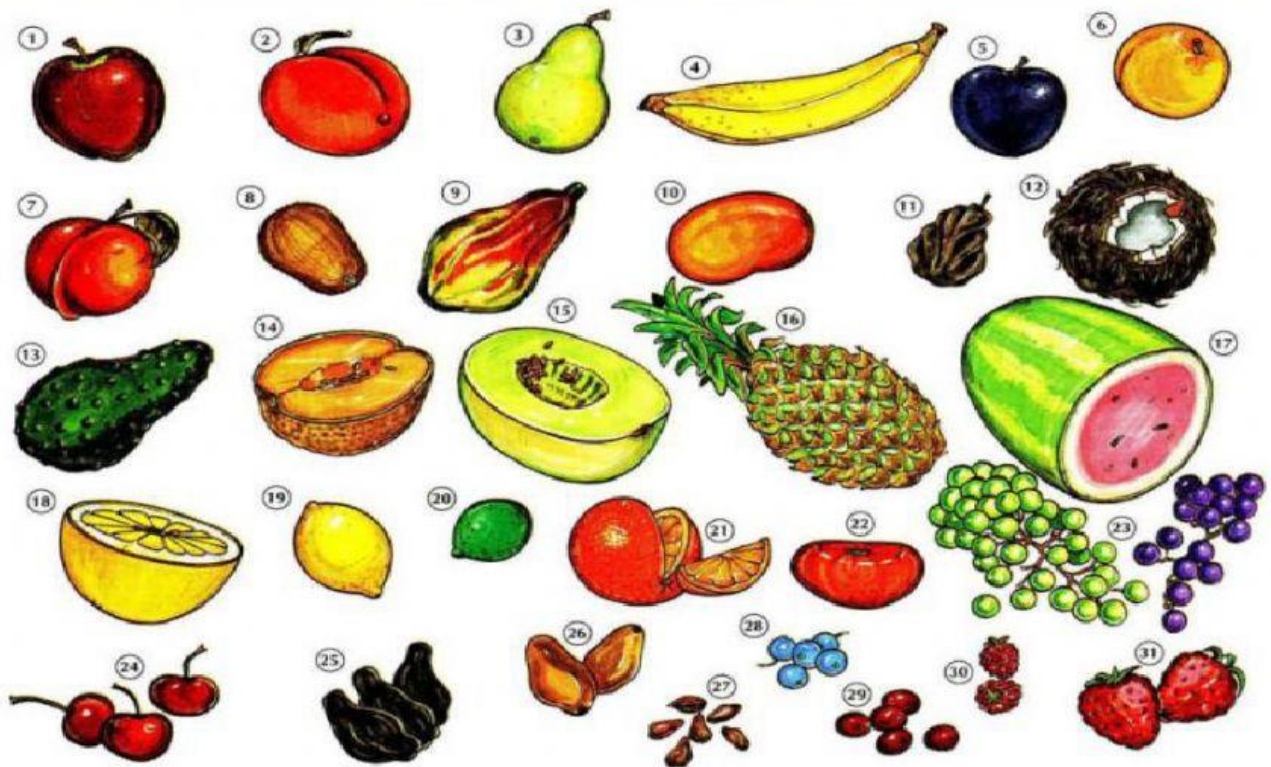
10. Produce

- Fruit: bananas, apples, oranges, mangoes, strawberries, blueberries

- Vegetables: sweet potatoes, baby spinach, broccoli, carrot sticks
- **11. Drinks :** Unsweetened green and flavored teas
- Calcium-fortified orange juice
- Sparkling water
- Coffee

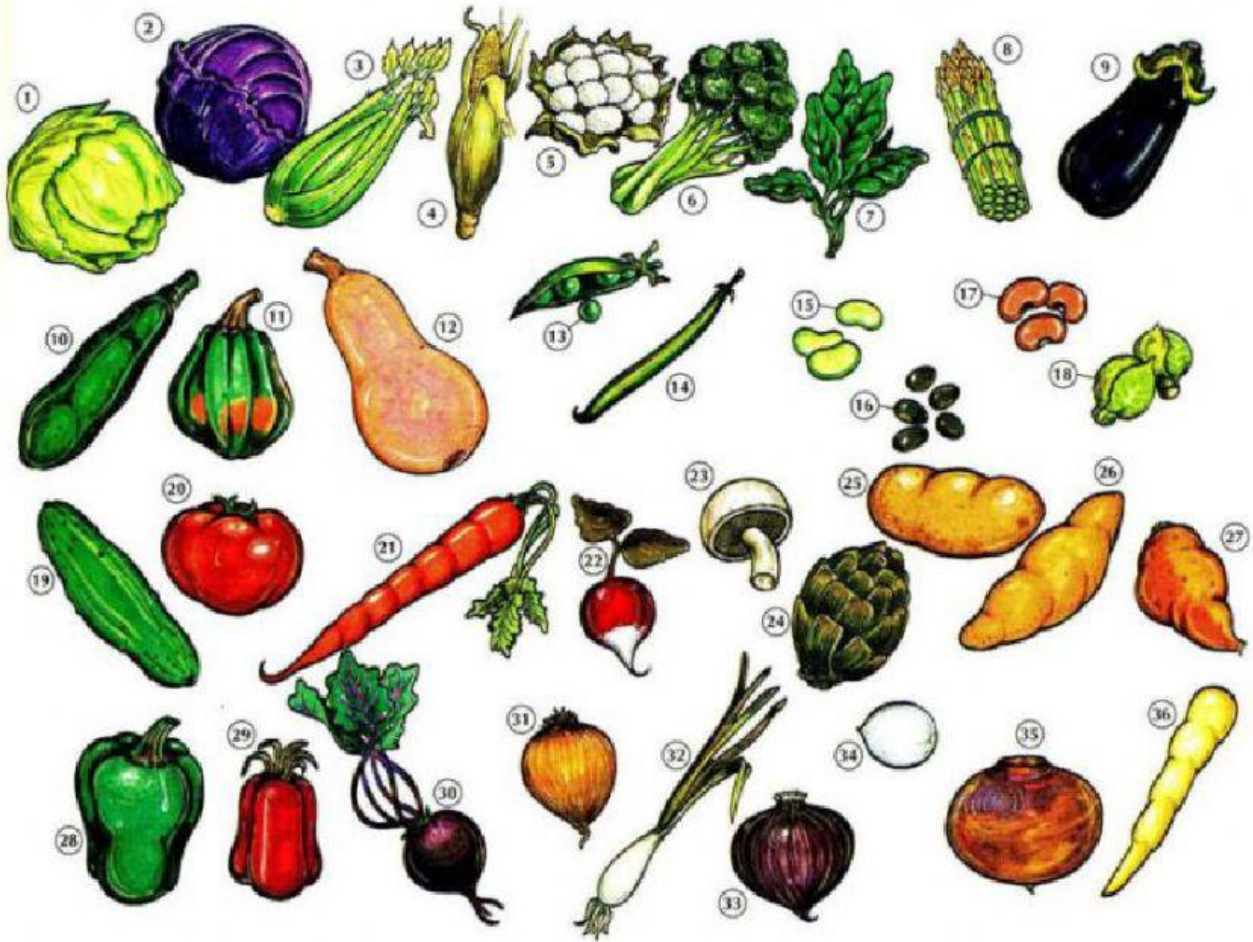
FRUITS & VEGETABLES

FRUITS



- | | | | | |
|------------|--------------|----------------------|----------------|------------------|
| 1. apple | 7. nectarine | 13. avocado | 18. grapefruit | 25. prunes |
| 2. peach | 8. kiwi | 14. cantaloupe | 19. lemon | 26. dates |
| 3. pear | 9. papaya | 15. honeydew (melon) | 20. lime | 27. raisins |
| 4. banana | 10. mango | 16. pineapple | 21. orange | 28. blueberries |
| 5. plum | 11. fig | 17. watermelon | 22. tangerine | 29. cranberries |
| 6. apricot | 12. coconut | | 23. grapes | 30. raspberries |
| | | | 24. cherries | 31. strawberries |

VEGETABLES



- | | | | |
|----------------|----------------------------|------------------|--------------------------|
| 1. lettuce | 10. zucchini (squash) | 19. cucumber | 28. green pepper |
| 2. cabbage | 11. acorn squash | 20. tomato | 29. red pepper |
| 3. celery | 12. butternut squash | 21. carrot | 30. beet |
| 4. corn | 13. pea | 22. radish | 31. onion |
| 5. cauliflower | 14. string bean/green bean | 23. mushroom | 32. scallion/green onion |
| 6. broccoli | 15. lima bean | 24. artichoke | 33. red onion |
| 7. spinach | 16. black bean | 25. potato | 34. pearl onion |
| 8. asparagus | 17. kidney bean | 26. sweet potato | 35. turnip |
| 9. eggplant | 18. brussels sprout | 27. yam | 36. parsnip |

THE SUPERMARKET I



A. I'm going to the supermarket to get **milk** and **soup**.*

Do we need anything else?

B. Yes. We also need **cereal** and **soda**.*

*With 43, 44, 46, 49, and 55, use: a _____

A. Dairy Products

1. milk
2. low-fat milk
3. skim milk
4. chocolate milk
5. buttermilk
6. orange juice†
7. cheese
8. butter
9. margarine
10. sour cream
11. cream cheese

12. cottage cheese

13. yogurt
14. eggs

B. Canned Goods

15. soup
16. tuna fish
17. (canned) vegetables
18. (canned) fruit

C. Packaged Goods

19. cereal
20. cookies
21. crackers
22. spaghetti
23. noodles
24. macaroni
25. rice

D. Juice

26. apple juice
27. pineapple juice

28. grapefruit juice

29. tomato juice
30. fruit punch
31. grape juice
32. cranberry juice
33. juice paks
34. powdered drink mix

E. Beverages

35. soda
36. diet soda
37. bottled water



F. Poultry

- 38. chicken
- 39. chicken legs
- 40. drumsticks
- 41. chicken breasts
- 42. chicken wings
- 43. turkey
- 44. duck

G. Meat

- 45. ground beef
- 46. roast
- 47. steak
- 48. stewing meat

- 49. leg of lamb

- 50. lamb chops
- 51. pork
- 52. pork chops
- 53. ribs
- 54. sausages
- 55. ham
- 56. bacon

H. Seafood

- Fish
- 57. salmon
- 58. halibut

- 59. flounder
- 60. swordfish
- 61. haddock
- 62. trout

SHELLFISH

- 63. oysters
- 64. scallops
- 65. shrimp
- 66. mussels
- 67. clams
- 68. crabs
- 69. lobster

I. Baked Goods

- 70. English muffins
- 71. cake
- 72. pita bread
- 73. rolls
- 74. bread

J. Frozen Foods

- 75. ice cream
- 76. frozen vegetables
- 77. frozen dinners
- 78. frozen lemonade
- 79. frozen orange juice



(1-70)

- A. Look! _____ is/are on sale this week!
B. Let's get some!

A. Deli

1. roast beef
2. bologna
3. salami
4. ham
5. turkey
6. corned beef
7. American cheese
8. Swiss cheese
9. provolone
10. mozzarella
11. cheddar cheese
12. potato salad

13. cole slaw
14. macaroni salad
15. seafood salad

B. Snack Foods

16. potato chips
17. corn chips
18. tortilla chips
19. nacho chips
20. pretzels
21. popcorn
22. nuts
23. peanuts

C. Condiments

24. ketchup
25. mustard
26. relish
27. pickles
28. olives
29. salt
30. pepper
31. spices
32. soy sauce
33. mayonnaise
34. (cooking) oil
35. olive oil
36. vinegar

D. Coffee and Tea

38. coffee
39. decaffeinated coffee/
decaf coffee
40. tea
41. herbal tea
42. cocoa/
hot chocolate mix

E. Baking Products

43. flour
44. sugar
45. cake mix

