One of the best ways to ensure you’re eating a healthy diet is planning ahead so you have nutritious food options in your pantry and refrigerator. Here’s a handy guide for My Plate grocery shopping.

**Sample Grocery List**

**REFRIGERATED ITEMS**
- Milk, cheese, yogurt
- Bagged salad, spinach
- Onion, bell pepper, tomato, mushrooms
- Banana, apples
- Chicken, skirt steak, ground turkey, eggs
- Bag of frozen, mixed berries, and stir-fry vegetables

**PANTRY SUPPLY ITEMS**
- Italian seasoning, canola oil
- Cereal, peanut butter, instant oats
- Pasta sauce, canned beans
- Rice, pasta, tortillas (whole grain)
BREADS/GRAINS
» Choose whole-grain breads, tortillas, crackers, rice and pastas
» Carbohydrates are the preferred energy source to fuel your brain and muscles
» Don’t overlook other whole-grain options found in center aisles (cereal, oats, brown rice, quinoa, tortillas, etc.)

CENTER AISLES
» Aim for 25 grams of fiber each day (beans, legumes, rice, whole-grains, etc.)

CANNED GOODS
» Canned & dried goods provide the same health benefits as their fresh & frozen counterparts*

OILS & SPICES
» Choose from plant oils and herbs to add flavors to your food

FROZEN FRUITS & VEGETABLES
» Frozen fruits & vegetables provide the same nutritional benefits as fresh

DELI/BUTCHER
» Choose from a variety of protein-rich foods including fish, seafood, lean meats, poultry, and eggs
» Protein is made up of amino acids which are the building blocks that build, repair, and maintain body tissues

* low sodium options available
PRODUCE

» Eat a rainbow of colored fruits & vegetables: each color provides different vitamins and minerals
» Studies maintain there is no nutritional difference between organic or traditional produce

DAIRY

» Vary your choices: Try milk, yogurt, cheese and more
» Dairy foods provide nutrients that contribute to good health including protein, calcium, potassium and vitamin D
» Lactose-free options available! Try lactose-free milk and aged cheese such as cheddar and swiss
Dairy is versatile! Yogurt and cheese are nutrient-rich options and convenient on-the-go.

- Enjoy baked, grilled, broiled, poached, or roasted meat, poultry, and fish.
- Whole-grain foods provide additional vitamins, minerals, and fiber.
- Fill half your plate with vegetables and fruits.
- To enjoy fruits and vegetables in different ways: steam, bake, roast, or eat raw.
- Combination foods may easily combine to include at least 3 of the 5 food groups.

**SAMPLE MENUS**

**Breakfast or Snack**
- Yogurt parfait with oats
- Food Groups

**Breakfast or Snack**
- Cereal with milk and berries
- Food Groups

**Lunch or Dinner**
- Tacos with beans, cheese and veggies
- Rice
- Food Groups

**Breakfast**
- Scrambled eggs with veggies and cheese mixed in. Fruit.
- Food Groups

**Lunch or Dinner**
- Lasagne with salad
- Food Groups

**Lunch or Dinner**
- Stir fry with veggies
- Glass of milk
- Food Groups

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**KEY**

- GRAINS
- PROTEIN
- VEGETABLES
- FRUIT
- DAIRY

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