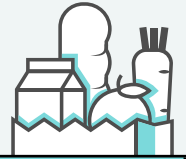




Equipment needed: Microwave and fridge only





GRAINS & STARCHY VEGETABLES

FOOD	SHOPPING TIPS
Bread, wraps, rolls, English muffins, bagels, pitas, tortillas	Look for products that are higher in fiber and protein, and lower in sugar.
Dry cereal	Look for products that are higher in fiber and protein, and lower in sugar.
Oatmeal/oats	Look for instant varieties that are higher in fiber and protein, and lower in sugar. (Try mixing plain with a packet of flavored instant.)
Potatoes 	Look for raw, or ready-to-microwave packaged varieties.
Protein bars	Look for products higher in protein and lower in added sugar.
Rice and other cooked grains	Look for microwave pouches and cups or frozen/microwavable grains. Choose brown rice over white rice whenever possible.
Snack bars	Look for products higher in fiber and lower in added sugar.
Crackers, baked chips, popcorn, pretzels	Choose high-fiber, whole-grain snacks.

 Stab holes in raw potato with a fork, wrap in a wet paper towel, and microwave for 5 to 10 minutes.

FRUITS & NONSTARCHY VEGETABLES

FOOD	SHOPPING TIPS
Fresh 	Look for whole fruits and veggies or pre-cut varieties for ease of use.
Frozen	Look for bags of mangos, bananas, pineapples, berries, and other fruits that can be used frozen or thawed. Look for microwavable steam-in-bag veggies. Choose plain over products with sauces.
Canned	Look for fruit and veggies canned in natural juices and lower in added sugar.
Juices	Look for 100% juice with no added sugar.


 Steam fresh nonstarchy vegetables in a covered microwave-safe bowl with a few tablespoons of water for about 3 minutes, or until soft.


DAIRY

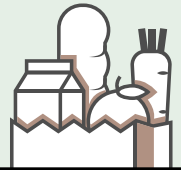
FOOD	SHOPPING TIPS
Milk	Look for low-fat dairy milk or alternatives such as soy, almond, or coconut milk.
Cottage cheese	Look for options that are lower in added sugar.
Yogurt	Look for plain or naturally flavored yogurt that's lower in added sugar.
Cheese	Look for shredded, sliced, or cubed cheese.

Equipment needed: Microwave and fridge only

PROTEINS/SEAFOOD/MEATS

FOOD	SHOPPING TIPS
Canned/package seafood, poultry	Look for pouches or pop-top cans. Choose a variety of salmon, tuna, or chicken.
Pre-cooked packaged meats	Look for pre-cooked and ready-to-eat meat. Read labels to ensure you can heat in microwave. Choose lean meats when possible, such as rotisserie chicken.
Deli meats	Look for fresh, unprocessed cuts of nitrite-free, lower-sodium meats.
Chilled seafood	Look for pre-cooked and ready-to-eat options; read the label to ensure seafood doesn't need to be cooked.
Eggs 	Look for pre-cooked hard-boiled eggs, or fresh eggs, egg whites, and egg substitute you can cook.
Beans/lentils	Look for low-sodium legumes in cans or microwavable pouches.
Nuts	Look for options that are natural or lightly salted/seasoned and lower in added sugars.
Nut butter	Look for nut butters whose ingredients are limited to nuts; avoid added sugars.

 Beat raw eggs in a microwave-safe dish and microwave for about 90 seconds.



CONDIMENTS & MISC.

FOOD	SHOPPING TIPS
Avocados	Look for whole avocados or prepared guacamole.
Hummus and other spreads	Look for individual-serving-size packages for convenient snacking.
Salad dressing	Look for oil-based or light varieties that are lower in added sugar.
Jam and honey	Look for 100% fruit spreads that are lower in added sugar, and look for natural honey.
Salsa	Look for options that are lower in added sugar. Try different flavors such as mango salsas, tomato salsas, green chile varieties, etc.
Soup	Look for low-sodium vegetable- and broth-based soups.
Frozen entrees	Look for single-serve microwavable meals centered on whole foods such as veggies, grains, and meats. Choose options with lower sodium and higher fiber.