



DASH Shopping List

Vegetables (fresh)

- ___ Artichokes
- ___ Asparagus
- ___ Beets
- ___ Bell peppers
- ___ Broccoli
- ___ Brussels sprouts
- ___ Cabbage
- ___ Carrots
- ___ Cauliflower 
- ___ Celery
- ___ Corn
- ___ Cucumbers
- ___ Eggplant
- ___ Green beans
- ___ Jicama
- ___ Mushrooms
- ___ Leafy greens: collards, kale, swiss chard, or turnip greens
- ___ Leeks
- ___ Lettuce or salad greens
- ___ Onions: red, white, yellow or green
- ___ Peas: green peas, snap peas, or snow peas
- ___ Potatoes or sweet potatoes
- ___ Radishes
- ___ Root vegetables: parsnips, rutabaga, or turnips
- ___ Spinach
- ___ Summer squash: zucchini, yellow, crookneck, or pattypan
- ___ Tomatoes
- ___ Winter squash: acorn, butternut, pumpkin, or spaghetti squash

Breads & Bakery

whole wheat, whole grain

- ___ Bagels 
- ___ Bread
- ___ English muffins
- ___ Pita
- ___ Pizza crust
- ___ Tortillas (corn or whole-wheat)

Cereal

- ___ Bran Cereal
- ___ Whole Grain Cereal (hot or cold)
- ___ Lowfat granola
- ___ Muesli
- ___ Oats (old-fashioned) or steel cut

Fruit (fresh)

- ___ Apples
- ___ Apricots
- ___ Bananas
- ___ Berries: strawberries, blueberries, raspberries or blackberries
- ___ Cherries
- ___ Citrus: grapefruit, oranges or tangerines
- ___ Dates
- ___ Figs
- ___ Grapes
- ___ Kiwi fruit
- ___ Lemons or limes
- ___ Mango
- ___ Melon: cantaloupe, honeydew or watermelon
- ___ Nectarines or peaches
- ___ Papaya
- ___ Pears 
- ___ Pineapple
- ___ Plums
- ___ Prunes
- ___ Raisins

Meat, Poultry, Seafood, Soy

- ___ Beef: flank, round, or sirloin
- ___ Beef, turkey, chicken (ground, lean)
- ___ Chicken or turkey (skinless)
- ___ Eggs
- ___ Pork tenderloin
- ___ Fish fillets (plain)
- ___ Sliced deli meat
- ___ Salmon 
- ___ Shrimp
- ___ Tempeh
- ___ Tofu

Grains

- ___ Barley
- ___ Brown rice
- ___ Bulgur
- ___ Couscous (whole wheat)
- ___ Kasha (buckwheat)
- ___ Oats (old-fashioned) or steel cut
- ___ Pasta (whole wheat)
- ___ Quinoa, Millet, Amaranth
- ___ Spelt, Triticale, Kamut
- ___ Wild rice

Dairy

- ___ Buttermilk (lowfat)
- ___ Cheese (hard): reduced-fat cheddar, monterey jack, parmesan
- ___ Cheese (soft): blue, Chevre (goat cheese), feta
- ___ Cottage cheese (lowfat)
- ___ Milk (fat-free or lowfat)
- ___ Flavored milk (fat-free or lowfat)
- ___ Kefir 
- ___ Margarine (trans fat free)
- ___ Mozzarella (part skim)
- ___ Sour cream (lowfat)
- ___ Yogurt (fat-free or lowfat)

Frozen Foods

- ___ Chicken breast (skinless)
- ___ Fish fillets (plain) and shellfish
- ___ French toast (whole grain)
- ___ Fruit (no added sugar)
- ___ 100% Fruit juice
- ___ 100% Fruit juice bars
- ___ Pancakes (whole grain)
- ___ Vegetables (plain)
- ___ Veggie burgers
- ___ Waffles (whole grain)

Canned Goods

- ___ Applesauce (unsweetened)
- ___ Beans and lentils (canned or dry): black, garbanzo, kidney, pinto, refried, split peas, white
- ___ Broth (low- or reduced-sodium)
- ___ Chiles (diced)
- ___ Salmon or tuna (canned in water)
- ___ Soup (low- or reduced-sodium)
- ___ Tomatoes (low- or reduced-sodium)
- ___ Tomato paste
- ___ Tomato sauce (low- or reduced-sodium)


Condiments, Sauces, Spreads

- ___ Bean dip
- ___ Chili sauce or hot sauce
- ___ Fruit-only or low-sugar spreads
- ___ Hummus
- ___ Marinara sauce (reduced-sodium)
- ___ Mayonnaise (low-fat)
- ___ Mustard
- ___ Oil: canola, olive, sesame
- ___ Pesto
- ___ Fresh salsa or Pico de gallo
- ___ Salad dressing (vinaigrette or lowfat)
- ___ Soy sauce (reduced-sodium)
- ___ Sun-dried tomatoes
- ___ Vinegar: balsamic, cider, red wine, rice wine, etc...

Packaged Snacks

- ___ Crackers (whole grain)
- ___ Dried fruit
- ___ Popcorn, air popped or light
- ___ Pretzels (whole grain)

Nuts & Seeds

- ___ Almonds 
- ___ Cashews
- ___ Hazelnuts
- ___ Nut butter (peanut, almond, etc)
- ___ Peanuts
- ___ Pecans
- ___ Seeds (pumpkin or sunflower)
- ___ Soy nuts
- ___ Walnuts

Beverages

- ___ 100% Fruit juice
- ___ Herbal tea
- ___ Sparkling water
- ___ Low-sodium vegetable Juice

Stock up on the right foods for DASH meals and snacks. Review your weekly meal planner and favorite recipes and determine what you will need to have on hand for the week.

Herbs & Spices (dried or fresh)

- ___ Allspice
- ___ Basil
- ___ Bay leaf
- ___ Cayenne pepper
- ___ Chili flakes
- ___ Chili powder
- ___ Chives
- ___ Cilantro
- ___ Cinnamon
- ___ Cloves
- ___ Coriander
- ___ Cumin
- ___ Curry powder
- ___ Dill
- ___ Garlic
- ___ Ginger
- ___ Mint
- ___ Mustard
- ___ Nutmeg
- ___ Oregano
- ___ Paprika
- ___ Parsley
- ___ Pepper: white or black
- ___ Rosemary
- ___ Sage
- ___ Sesame seeds
- ___ Tarragon
- ___ Thyme