

# WebMD<sup>®</sup> Healthy Shopping Guide & List

## **Cholesterol and Blood Sugar Helpers**

Some foods rich in soluble fiber and/or plant sterols can help lower blood cholesterol levels, enhance digestive health and minimize the rise in blood sugar levels after a meal (good for diabetics).

## **Antioxidant Rich**

Antioxidants help to prevent and repair damage done by free radicals in the environment. A diet rich in antioxidants may also enhance immunity and lower the risk of cancer. Antioxidants include some vitamins, minerals and flavonoids.

## **High Fiber**

There are two kinds of fiber, soluble and insoluble, both are important for a healthy digestive system. Additionally, insoluble fiber adds bulk to the diet which is helpful for weight control. A diet high in both fibers can reduce the risk of heart disease and diabetes.

## **Low Sodium**

Eating foods high in sodium may cause high blood pressure. Lower your consumption of high sodium foods and eat foods rich in potassium for good health. Most processed foods use sodium so if you stick to whole, less processed foods, you will naturally lower the sodium in your diet.

## **CHOLESTEROL & BLOOD SUGAR HELPERS**

- vegetables
- fruits
- whole grains
- beans
- nuts
- seeds

## **FOODS ENRICHED WITH PLANT STEROLS**

- orange juice
- yogurts
- margarines
- cereal
- granola bars
- chocolate

## **OMEGA 3 FATTY ACID RICH FOODS**

- salmon
- lake trout
- mackerel
- sardines
- albacore tuna
- walnuts
- flaxseed
- canola oil
- soy beans
- cereals
- omega-3 fortified foods

## **BEST TO BUY ORGANIC**

- celery

## **ANTIOXIDANT RICH**

- artichokes
- russet potatoes
- apples
- blueberries
- blackberries
- cherries
- cranberries
- raspberries
- strawberries
- plums
- prunes
- pecans
- small red beans
- red kidney beans
- pinto beans
- black beans
- coffee
- red wine
- tea

## **HIGH FIBER**

- most vegetables
- pears
- mangoes
- kiwi
- plums
- blackberries
- raspberries
- peaches
- strawberries

## **HIGH POTASSIUM**

- mushrooms
- peas
- potatoes
- spinach
- sweet potatoes
- tomatoes
- bananas
- grapefruit
- oranges
- beans
- lentils
- low fat or fat free dairy
- raisins

## **HIGH ENERGY FOODS**

- 100% vegetable juices
- sweet potatoes
- tomatoes
- 100% fruit juices
- blueberries
- cantaloupe
- citrus fruit
- mango
- strawberries
- most whole fruits
- dried fruits
- nuts
- beans
- low fat dairy products
- whole grains