

WebMD 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

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

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
- beans

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