

Grocery Shopping List for Weight Loss

Losing weight in a healthy way involves making balanced food choices that support nutrition and long-term well-being. Eating plenty of vegetables, lean proteins, and whole grains while limiting processed foods and added sugars can help with weight management. Staying hydrated and maintaining portion control are also key to reaching and sustaining a healthy weight.



Foods to include

Category	Foods
Vegetables	Carrots, broccoli, zucchini, and cabbage, raw vegetables, salad greens, and vegetable juice
Fat-free and very low-fat dairy	Fat-free or low-fat milk, plain nonfat or low-fat yogurt, and artificially sweetened yogurt
Very lean protein	Skinless turkey or chicken breast, fish fillets like flounder and cod, canned tuna in water, shellfish like clams, lobster, scallops, and shrimp, nonfat or low-fat cottage cheese, egg whites, egg substitutes, fat-free cheese, and cooked beans like black beans, kidney beans, chickpeas, and lentils
Fruits	Apples, bananas, oranges, nectarines, peaches, kiwis, grapefruit, mangoes, fresh berries like strawberries, raspberries, and blueberries, fresh melon cubes, honeydew melon, unsweetened juice, jelly, and jam
Lean protein	Skinless dark meat chicken or turkey, salmon, swordfish, herring, lean beef like flank steak, London broil, tenderloin, and roast beef, lean veal, lamb, and pork, low-fat cheese, low-fat luncheon meats, low-fat cottage cheese, and sardines
Medium-fat protein	Prime cuts of beef, corned beef, ground beef, pork chops, whole eggs, mozzarella cheese, ricotta cheese, and tofu
Starches	Bread including white, whole wheat, rye, and pumpernickel, reduced-calorie or lite bread, bagels, English muffins, hamburger buns, cold cereal, cooked rice, barley, couscous, pasta, bulgur, corn, sweet potatoes, green peas, baked potatoes, pretzels, and air-popped or light microwave popcorn
Healthy fats	Vegetable oils like corn, canola, and olive oil, butter, margarine, mayonnaise, salad dressing, cream cheese, lite cream cheese, avocado, black olives, stuffed green olives, and bacon



Foods to avoid	Healthy eating tips
• Processed snacks like chips, crackers, and candy • Sugary drinks like soda, energy drinks, and sweetened juices • Refined carbohydrates like white bread, pastries, and sugary cereals • Fried foods like fast food, deep-fried meats, and processed meats • High-sugar desserts like cakes, cookies, and ice cream • Excessive alcohol like beer and sugary cocktails	• Fill half your plate with vegetables at meals. • Include a source of protein in every meal to stay full longer. • Choose whole grains over refined carbs and keep portions moderate. • Pick lower-fat and lower-sugar options for dairy products. • Use unsaturated oils like olive, sunflower, or rapeseed oil. • Choose lower-fat spreads and use in small amounts. • Stay hydrated and drink six to eight cups of fluids daily.
Disclaimer: This grocery list is for informational purposes only and should not replace professional medical advice. Consult a healthcare provider before making significant dietary changes.	
Additional notes	

National Heart, Lung, and Blood Institute. (n.d.). *Food exchange lists*. U.S. Department of Health & Human Services. https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/fd_exch.htm

NHS. (n.d.). *Healthy eating when trying to lose weight*. <https://www.nhs.uk/better-health/lose-weight/healthy-eating-when-trying-to-lose-weight/>