

Grocery List: use as a checklist when making your list

Others:

Butter/Margarine
Ketchup
Salad Dressing
Coffee/Tea
Vegetable Oil



Staples:

Flour
Salt
Sugar
Herbs/Spices
Condiments
Soups



Milk Group:

Milk
Yogurt
Cottage Cheese
Ice Cream
Natural Cheese
Others



Meat Group:

Chicken
Beef
Pork
Fish
Dried Beans
Peanut Butter

Eggs
Nuts
Sausage
Tuna



Vegetable Group:

Cauliflower
Mushrooms
Cucumber
Lettuce
Broccoli
Potato
Peppers
Squash



Peas
Onions
Celery
Carrots
Beans
Corn
Tomato



Fruit Group:

Pineapple
Grapefruit
Raisins
Berries
Peaches
Bananas
Grapes

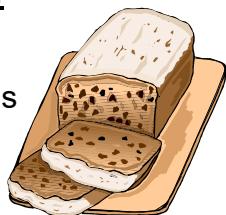


Apple
Melon
Cherries
Orange
Kiwi fruit
Pears
Plums

Fresh, Canned or Frozen

Bread Group:

Crackers
Bagels
Sandwich Buns
Cereal
Oatmeal
Cookies



Muffins
Rolls
Pastries
Pasta
Popcorn
Taco Shells

Bread
Cake
Pretzels
Rice
Tortillas
Chips

Meals A-Plenty



**FOOD
WISE**
Healthy choices, healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON

Nutrition Education Program

Extension Dunn County
3001 US Hwy 12 E, Suite 216
Menomonie WI 54751
(715) 232-1636

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Stock your cupboard with healthy staples

- * Whole grain breads
- * High fiber cereals
- * Beans and peas
- * Low-calorie snacks

Use balance, variety, and moderation

- Think moderate portion size
- Choose foods from each food group of MyPlate
- Keep taste and flavor in mind
 - * Spice
 - * Tart
 - * Bland
 - * Sweet
- Vary the color in food choices
- Include different shapes, sizes, and textures
 - * Soft
 - * Rough
 - * Chewy
 - * Crisp
 - * Smooth
 - * Solid



Balance detailed preparation and clean-up with easy-to-prepare items

Consider family likes and dislikes

Check on foods in season and on special



Plan 3 Meals a Day and include a health snack

Recipes:



Carrot Orange Raisin Salad

Makes 6 servings.
150 calories and 7 grams of fat per serving.
Good source of Vitamins A and C.

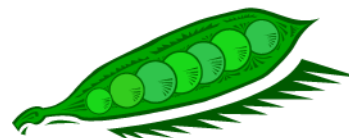
- 1 ½ cups carrots, grated
- 1 cup orange, diced or 1 can (11 oz.) mandarin oranges, drained
- ½ cup raisins
- ½ cup salad dressing



Mix carrots, oranges, and raisins together lightly. Add salad dressing and stir; chill. Serve on lettuce or chopped cabbage.

Split Pea Soup

Makes 6 servings, 1 cup each
Calories 220 and 2 grams of fat per serving.



- 1 small boneless smoked pork chop (about 3 ounces)

- 1 ½ cups dry green split peas
- ½ cup onion, chopped
- ½ cup carrot, shredded
- 1/8 teaspoon pepper
- 2 ½ cups water
- 3 ½ cups low-sodium chicken broth



1. Cut fat from smoked pork chop; discard. Chop or dice meat.
2. Mix ingredients in a large saucepan. Bring to a boil, cover, reduce heat, and simmer 1 ½ hours. Stir occasionally.