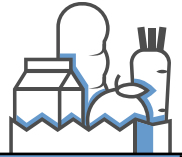




Grocery List for Microwave and Fridge Only





GRAINS & STARCHY VEGETABLES

FOOD	SHOPPING TIPS
Bread, wraps, rolls, English muffins, bagels, pitas, tortillas	Look for products that are higher in fiber and protein, and lower in sugar.
Dry cereal	Look for products that are higher in fiber and protein, and lower in sugar.
Oatmeal/oats	Look for instant varieties that are higher in fiber and protein, and lower in sugar. (Try mixing plain with a packet of flavored instant.)
Potatoes 	Look for raw, or ready-to-microwave packaged varieties.
Protein bars	Look for products higher in protein and lower in added sugar.
Rice and other cooked grains	Look for microwave pouches and cups or frozen/microwavable grains. Choose brown rice over white rice whenever possible.
Snack bars	Look for products higher in fiber and lower in added sugar.
Crackers, baked chips, popcorn, pretzels	Choose high-fiber, whole-grain snacks.

 Stab holes in raw potato with a fork, wrap in a wet paper towel, and microwave for 5 to 10 minutes.

FRUITS & NONSTARCHY VEGETABLES

FOOD	SHOPPING TIPS
Fresh 	Look for whole fruits and veggies or pre-cut varieties for ease of use.
Frozen	Look for bags of mangos, bananas, pineapples, berries, and other fruits that can be used frozen or thawed. Look for microwavable steam-in-bag veggies. Choose plain over products with sauces.
Canned	Look for fruit and veggies canned in natural juices and lower in added sugar.
Juices	Look for 100% juice with no added sugar.

 Steam fresh nonstarchy vegetables in a covered microwave-safe bowl with a few tablespoons of water for about 3 minutes, or until soft.

DAIRY

FOOD	SHOPPING TIPS
Milk	Look for low-fat dairy milk or alternatives such as soy, almond, or coconut milk.
Cottage cheese	Look for options that are lower in added sugar.
Yogurt	Look for plain or naturally flavored yogurt that's lower in added sugar.
Cheese	Look for shredded, sliced, or cubed cheese.