



America's Move to Raise a Healthier Generation of Kids



LET'S MOVE! GROCERY LIST TEMPLATE

Use this template to fill in your weekly grocery list. Some examples of healthy foods are included to help you. Print this sheet before every shopping trip and use it to help you pick healthier items for your family. Check out the *Let's Move* Web site for more examples.

Fruits and Vegetables

Apples
Spinach

Breads, Rice, Cereal, Pasta

whole grain bread
brown rice

Meat, Poultry, Fish, Eggs, Beans and Nuts

chicken breasts
whole eggs

Milk, Cheese, Yogurt

low-fat or fat-free yogurt
fat-free milk

Packaged Foods

canned pineapple in its own juice
black beans
frozen pizza

Fats, Oils, Sugar

olive oil