

Trucker's Grocery List (may be copied for use)

Fruits - Eat at least 2 cups every day.	Grains - Eat at least 6 ounces every day. Choose those that have a "whole" grain listed as the first ingredient, such as "whole wheat."
<input type="checkbox"/> Apples <input type="checkbox"/> Apricots <input type="checkbox"/> Bananas <input type="checkbox"/> Blueberries <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Cherries <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwis <input type="checkbox"/> Mango <input type="checkbox"/> Nectarine <input type="checkbox"/> Oranges <input type="checkbox"/> Peaches <input type="checkbox"/> Pears	<input type="checkbox"/> Papaya <input type="checkbox"/> Plums <input type="checkbox"/> Strawberries <input type="checkbox"/> Watermelon <input type="checkbox"/> Frozen fruit without added sugar <input type="checkbox"/> Canned fruit without added sugar <input type="checkbox"/> Dried fruit <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Vegetables - Eat at least 3 cups every day.	Protein - Eat 6 ounces every day.
<input type="checkbox"/> Asparagus <input type="checkbox"/> Avocados <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Corn <input type="checkbox"/> Eggplant <input type="checkbox"/> Green beans <input type="checkbox"/> Green or red peppers <input type="checkbox"/> Lettuce (preferably dark green, leafy lettuce) <input type="checkbox"/> Lima beans <input type="checkbox"/> Mushrooms	<input type="checkbox"/> Skinless chicken <input type="checkbox"/> Skinless turkey <input type="checkbox"/> Fish <input type="checkbox"/> Venison <input type="checkbox"/> Lean beef <input type="checkbox"/> Eggs <input type="checkbox"/> Tofu
<input type="checkbox"/> Onions <input type="checkbox"/> Peas <input type="checkbox"/> Potatoes (sweet potatoes or yams are better) <input type="checkbox"/> Squash <input type="checkbox"/> Tomatoes <input type="checkbox"/> Zucchini <input type="checkbox"/> Frozen vegetables <input type="checkbox"/> 'No salt added' canned vegetables <input type="checkbox"/> Tomato or vegetable juices <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Low fat or reduced fat cheese <input type="checkbox"/> Peanut butter <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Dairy - Include 3 servings every day.	Fats - Limit to a few servings a day.
<input type="checkbox"/> Low fat or fat-free milk <input type="checkbox"/> Light yogurt <input type="checkbox"/> GoGurt® <input type="checkbox"/> Light pudding	<input type="checkbox"/> Tub margarine <input type="checkbox"/> Vegetable oil (such as olive or canola oils) <input type="checkbox"/> Light mayonnaise <input type="checkbox"/> Light salad dressing <input type="checkbox"/> Light sour cream <input type="checkbox"/> Light cream cheese <input type="checkbox"/> Peanuts
	Snacks and Beverages - Limit snacks to only a few servings daily.
	<input type="checkbox"/> Baked potato chips <input type="checkbox"/> Animal crackers <input type="checkbox"/> 100 calorie snack packs <input type="checkbox"/> Beef jerky
	<input type="checkbox"/> Water <input type="checkbox"/> Flavored water (diet) <input type="checkbox"/> Diet tea <input type="checkbox"/> Diet soda <input type="checkbox"/> _____