Grocery List Template

Use this template to ﬁll in your weekly grocery list. Some examples of GO and SLOW 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 *Go, Slow, and Whoa Foods Chart* on the ***We Can!*** Web site for more examples.

|  |  |
| --- | --- |
| Fruits and Vegetables | Breads, Rice, Cereal, Pasta |
| **GO:** Apples | **GO:** Whole grain bread |
| **GO:** Spinach | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **SLOW:** White rice |
| **GO:** | **SLOW:** |
| **GO:** | **SLOW:** |
| **GO:** | **SLOW:** |
| **GO:** |  |
|  |  |
|  |  |
| **Meat, Poultry, Fish, Eggs, Beans and Nuts** | **Milk, Cheese, Yogurt** |
| **GO:** Chicken breasts | **GO:** Low-fat or fat-free yogurt |
| **GO:** | **GO:** Fat-free milk |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **SLOW:** Whole eggs | **GO:** |
| **SLOW:** | **SLOW:** |
|  | **SLOW:** |





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| **Packaged Foods** | **Fats, Oils, Sugar** |
| **GO:** Canned pineapple in its own juice | **SLOW:** Olive oil |
| **GO:** Black beans | **SLOW:** |
| **GO:** |  |
| **GO:** |  |
| **GO:** |  |
| **SLOW:** Frozen pizza |  |
| **SLOW:** |  |
| **SLOW:** | **Other (household items)** |
| **SLOW:** |  |
|  |  |
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***We Can!*** is an effort of the the National Heart, Lung, and Blood Institute (NHLBI) in collaboration with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), the National Institute of Child Health and Human Development (NICHD) and the National Cancer Institute (NCI).