



## Grocery List for Asian Americans

Healthy eating starts from your grocery list. Include a variety of foods and try to incorporate fruits and vegetables of different colors, lean proteins, non-animal protein.

Vegetables	Fruits	Starches
<b>Red</b>	<b>Red</b>	<input type="checkbox"/> Brown rice
<input type="checkbox"/> Red bell peppers	<input type="checkbox"/> Red Apples	<input type="checkbox"/> Whole wheat mantou
<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Strawberries	<input type="checkbox"/> Whole wheat noodles
<input type="checkbox"/> Amaranth leaves	<input type="checkbox"/> Raspberries	<input type="checkbox"/> Buckwheat noodles
<b>Orange/Yellow</b>	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Vermicelli
<input type="checkbox"/> Carrots	<input type="checkbox"/> Cherries	<input type="checkbox"/> Whole wheat pasta
<input type="checkbox"/> Orange bell peppers	<b>Orange/Yellow</b>	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Yellow bell peppers	<input type="checkbox"/> Oranges	<input type="checkbox"/> Butternut squash
<b>White</b>	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Spaghetti squash
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Golden kiwifruit	<input type="checkbox"/> Sweet potatoes
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Peaches	<input type="checkbox"/> Taro
<input type="checkbox"/> Onions	<input type="checkbox"/> Papaya	<input type="checkbox"/> Lotus roots
<input type="checkbox"/> Daikon radish	<b>White</b>	<input type="checkbox"/> Potatoes
<b>Green</b>	<input type="checkbox"/> White peaches	<input type="checkbox"/> Corn
<input type="checkbox"/> Green beans	<input type="checkbox"/> White nectarines	<input type="checkbox"/> Peas
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Asian pears	<input type="checkbox"/> Steelcut oatmeals
<input type="checkbox"/> Spinach	<input type="checkbox"/> White meat dragonfruit	<input type="checkbox"/> Rolled oats
<input type="checkbox"/> Water spinach	<b>Green</b>	
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Kiwi fruit	<b>Protein</b>
<input type="checkbox"/> Bok choy	<input type="checkbox"/> Green apples	<input type="checkbox"/> Chicken breast
<input type="checkbox"/> Chinese broccoli	<input type="checkbox"/> Green pears	<input type="checkbox"/> Chicken thigh
<input type="checkbox"/> Celery	<input type="checkbox"/> Green grapes	<input type="checkbox"/> Salmon
<b>Purple</b>	<b>Purple</b>	<input type="checkbox"/> Tilapia
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Blueberries	<input type="checkbox"/> Pork tenderloin
<input type="checkbox"/> Red cabbage	<input type="checkbox"/> Blackberries	<input type="checkbox"/> Beef
<input type="checkbox"/> Red onions	<input type="checkbox"/> Purple grapes	<input type="checkbox"/> Minced meat (<10% fat)
<b>Canned / Frozen</b>	<input type="checkbox"/> Plums	<input type="checkbox"/> Beans (any type)
<input type="checkbox"/> Canned vegetables	<b>Canned / Frozen</b>	<input type="checkbox"/> Tofu
<input type="checkbox"/> Frozen vegetables (Plain)	<input type="checkbox"/> Canned fruits (Preferred: In Juice)	<input type="checkbox"/> Eggs
	<input type="checkbox"/> Frozen fruits (Unsweetened)	<input type="checkbox"/> Nuts
<b>Other Vegetables/Fruits/Starches</b>		<input type="checkbox"/> Canned fish (No salt, in water preferred)
<input type="checkbox"/>	<b>Dairy</b>	<input type="checkbox"/> Frozen Fish (Plain)
<input type="checkbox"/>	<input type="checkbox"/> Milk (Any fat content)	<input type="checkbox"/> Frozen Shrimps (Plain)
<input type="checkbox"/>	<input type="checkbox"/> Yogurt (Plain)	
<input type="checkbox"/>	<input type="checkbox"/> Cottage cheese	<b>Other Protein</b>
<input type="checkbox"/>	<input type="checkbox"/> Cheese	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Soy milk (unsweetened)	<input type="checkbox"/>