



# THE NEW AMERICAN PLATE SHOPPING GUIDE

Use this guide to help you shop for healthy foods to put on your plate every day. The New American Plate is an easy model for meals to help lower your cancer risk: 2/3 (or more) plant-based foods and 1/3 (or less) animal foods.


**FRUIT: FRESH, FROZEN OR CANNED** – Choose fruit canned in 100% fruit juice or water. (outer aisle, freezer section, canned fruit aisle)

- Apples
  - Apricots
  - Bananas
  - Berries (blueberries, raspberries, strawberries)
  - Cherries
  - Citrus (grapefruits, lemons, limes, oranges, tangerines)
  - Grapes
  - Kiwifruit
  - Melon (cantaloupe, honeydew, etc.)
  - Nectarines
  - Peaches
  - Pears
  - Plums
  - Tropical fruit (mango, papaya, pineapple, starfruit, etc.)
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**VEGETABLE: FRESH, FROZEN, OR CANNED** – Choose vegetables canned in water or low sodium. (outer aisle, freezer section, canned vegetable aisle)

- Asparagus
  - Beets
  - Broccoli
  - Brussels sprouts
  - Cabbage (bok choy, green, Napa, etc.)
  - Carrots
  - Cauliflower
  - Celery
  - Corn
  - Cucumber
  - Eggplant
  - Fresh herbs (cilantro, dill, parsley, etc.)
  - Garlic
  - Green beans
  - Greens, leafy (chard, collards, kale, lettuce, spinach, watercress, etc.)
  - Mushrooms
  - Okra
  - Onions
  - Peas (green, snap, snow)
  - Peppers (bell, hot)
  - Potatoes (sweet or white)
  - Summer squash (yellow, zucchini)
  - Tofu
  - Tomatoes
  - Turnips
  - Winter squash (acorn, butternut, pumpkin, etc.)
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**PANTRY ITEMS** (center aisles)

- Beans, canned (reduced-sodium or no-salt-added)
  - Beans, dried
  - Peanut butter or other nut butters
  - Soup and broth (low-sodium and reduced fat)
  - Tempeh soy crumbles (freezer section)
  - Tomato products, canned (reduced-sodium or no-salt-added)
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**DAIRY** (outer aisles)

- Cheese (reduced fat)
  - Cottage cheese
  - Margarine, tub, soft
  - Milk (reduced fat)
  - Yogurt (reduced fat)
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**WHOLE GRAINS** – Look for 100% whole grain most often (center aisles, freezer or bakery section)

- Bagels, mini
- Barley
- Bread/rolls/pita
- Bulgur
- Cereal
- Couscous
- Crackers
- English muffins
- Millet
- Oatmeal
- Pasta
- Quinoa
- Rice (brown)
- Shredded wheat
- Tortillas (reduced fat)
- Whole-wheat flour

**ANIMAL PROTEIN** – Limit red meat (beef, lamb, pork) to 12-18 oz. cooked per week; avoid processed meats like ham, bacon and hot dogs. (center aisles)

- Beef, lean
- Eggs
- Fish (fresh, frozen)
- Lamb, lean
- Pork, lean
- Poultry
- Salmon (canned in water)
- Tuna (canned in water)
- Turkey breast, ground

**SMALL BITES** (center aisles and freezer section)

- All-fruit frozen Popsicles
  - Dried fruit with no added sugar (apples, apricots, cranberries, dates, raisins, etc.)
  - Frozen sorbet
  - Frozen yogurt (reduced fat)
  - Nuts
  - Popcorn, air popped
  - Pudding (reduced fat)
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**CONDIMENTS** (center aisles)

- Jam/jelly, all fruit
- Ketchup
- Mayonnaise (reduced fat)
- Mustard
- Oil
- Salad dressing (reduced fat)
- Salsa
- Vinegar

**BAKING INGREDIENTS** (center aisles)

Baking powder, baking soda, cocoa, cornstarch, extracts, salt, sugar, etc.