



Let ZOLL help you shop

YOUR HEART WILL THANK YOU!



FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Blueberries
- ☐ Avocados
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



VEGETABLES

- ☐ Broccoli
- ☐ Cauliflower
- ☐ Asparagus
- ☐ Zucchini
- ☐ Carrots
- ☐ _____
- ☐ _____
- ☐ _____



DELI

- ☐ Roast turkey
- ☐ Low-fat cheese
- ☐ Olives
- ☐ _____
- ☐ _____
- ☐ _____



BAKERY

- ☐ Whole-grain bread
- ☐ Whole-wheat pita
- ☐ Whole-wheat tortilla
- ☐ _____
- ☐ _____
- ☐ _____



BEEF

- ☐ Lean ground beef
- ☐ Eye round roast
- ☐ _____
- ☐ _____



POULTRY

- ☐ Chicken breast
- ☐ Lean ground turkey
- ☐ Turkey breast
- ☐ Ground chicken
- ☐ _____
- ☐ _____



SEAFOOD

- ☐ Salmon
- ☐ Halibut
- ☐ Shrimp
- ☐ Tuna
- ☐ _____
- ☐ _____



DAIRY/EGGS

- ☐ Reduced-fat milk (1%)
- ☐ Low-fat Greek yogurt
- ☐ Cottage cheese
- ☐ Eggs
- ☐ _____
- ☐ _____
- ☐ _____



FROZEN FOODS

- ☐ Mixed berries
- ☐ Melon
- ☐ Brussels sprout
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



BEVERAGES

- ☐ Sparkling water
- ☐ Tea
- ☐ Tomato juice
- ☐ _____
- ☐ _____



CONDIMENTS

- ☐ Dijon mustard
- ☐ Low-sodium soy sauce
- ☐ Hot sauce
- ☐ Light mayo
- ☐ _____
- ☐ _____



OILS

- ☐ Grapeseed oil
- ☐ Olive oil
- ☐ _____



VINEGARS

- ☐ Balsamic
- ☐ Red wine
- ☐ Apple cider
- ☐ _____



PACKAGED/ CANNED ITEMS

- ☐ Tuna
- ☐ Low-sodium chickpeas
- ☐ Low-sodium black beans
- ☐ No-salt whole tomatoes
- ☐ Lentils
- ☐ Tofu
- ☐ _____
- ☐ _____
- ☐ _____



BULK FOODS

- ☐ Raw unsalted almonds
- ☐ Walnuts
- ☐ Dried fruit
- ☐ Steel-cut oats
- ☐ Sunflower seeds
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



GRAINS/RICE

- ☐ Brown rice
- ☐ Quinoa
- ☐ Farro
- ☐ Barley
- ☐ _____
- ☐ _____



PASTA (Whole Grain)

- ☐ Spaghetti
- ☐ Couscous
- ☐ _____
- ☐ _____



CEREAL

- ☐ Bran
- ☐ Shredded whole wheat
- ☐ _____
- ☐ _____



SNACKS

- ☐ Nuts
- ☐ Granola
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



OTHER

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____