

# Smart Shopping List



## Vegetables



Choose a variety—include a dark green, orange or yellow vegetable every day

broccoli  
cabbage  
carrots  
cauliflower

corn  
cucumbers  
green beans  
greens

lettuce  
onions  
peas  
peppers

potatoes  
squash  
sweet potatoes  
tomatoes

---

---



## Fruits



Choose a variety—include a **vitamin C** fruit every day

apples  
bananas  
**grapefruit**  
grapes

**kiwi**  
**mango**  
**melon**  
nectarines

**oranges**  
**papaya**  
peaches  
pears

pineapple  
plums  
raisins  
**strawberries**

---

---



## Breads/Grains/Cereals



Choose whole grain foods like whole wheat bread, corn tortillas, oats and brown rice

bagels  
bread  
crackers

dry cereal  
English muffins  
grits

hot cereal  
pasta  
popcorn

pretzels  
rice  
tortillas

---

---



## Protein Foods



Include some vegetable protein foods every day

### Animal Protein:

chicken  
eggs  
fish  
lean beef  
lean pork  
turkey

### Vegetable Protein:

dry beans, peas, lentils  
nuts  
peanut butter  
tofu

---

---



## Milk Products



Choose lowfat or nonfat dairy products

cheese  
cottage cheese

frozen yogurt  
ice cream

milk  
yogurt

---

---

## Other things I need

100% fruit juice

100% vegetable juice

soy milk

diapers

baby wipes

shampoo

[illegible]

This institution is an equal opportunity provider.

For the nearest WIC office, call toll free: **1-888-WIC-WORKS (1-888-942-9675)**

Developed by the WIC Supplemental Nutrition Program, California Department of Health Services

**Arnold Schwarzenegger, Governor, State of California**

**Kimberly Belshé**, Secretary, California Health and Human Services Agency

**Sandra Shewry, Director, California Department of Health Services**



CALIFORNIA  
**wic**  
WOMEN, INFANTS & CHILDREN

06/07 