

## shopping list

### HIV

Navigating the grocery aisles may be overwhelming, especially if you're not feeling your best. We're here to help. Our dietitians have developed an organized grocery list to help you easily find foods to nourish your body.

Fruit	
<b>*Always wash fruit before eating</b>	
Apples	Kiwi
Apricots	Mangos
Avocados	Nectarines
Bananas	Oranges
Blackberries	Peaches
Blueberries	Pears
Cantaloupe	Pineapple
Cherries	Plums
Figs	Pomegranates
Grapes	Raspberries
Honeydew Melon	Strawberries
Jackfruit	Watermelon

Grains & Starches	
Barley	Quinoa
Bean-Based Pasta	Sprouted Breads
Brown Rice	Wheat Berries
Crackers	Whole Grain Bread
Old Fashioned Oatmeal	Whole Grain Pasta

Vegetables	
<b>*Always wash vegetables before eating</b>	
Artichoke	Lettuce
Asparagus	Mushrooms
Beans	Okra
Beets	Onions
Bell Peppers	Parsnips
Bok Choy	Pattypan Squash
Broccoli	Peas
Broccoli Rabe	Peppers
Brussels Sprouts	Potatoes
Butternut Squash	Pumpkin
Carrots	Radish
Cauliflower	Scallions
Corn	Spaghetti Squash
Cucumber	Spinach
Eggplant	Sugar Snap Peas
Green Beans	Summer Squash
Jicama	Tomatoes
Kale	Zucchini

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Dairy
*If experiencing weight loss, try whole milk dairy products
Low-Fat Milk (1% or skim)
Low-Fat Cheese (1% or skim)
Low-Fat Yogurt (1% or skim)
Kefir
Plant-Based Milk (nut varieties, soy, rice)
Plant-Based Yogurt (almond, coconut, soy)
Plant-Based Cheese (almond, soy)

Canned Goods
Canned Beans and Legumes (low-sodium)
Canned Fruit (packed in water)
Canned Salmon (packed in water or olive oil)
Canned Tuna (packed in water or olive oil)
Canned Vegetables (no salt added)
Tomato Sauce
Diced Tomatoes
Tomato Paste

Protein Foods	
Beans and Legumes	Eggs
Fish: Salmon, Tuna	Shellfish: Shrimp, Scallops
Tofu	Tempeh
White Meat Poultry (Turkey, Chicken)	
Lean cuts of meat: look for the words "loin", "round" or "chop" in the name	

Nuts/Seeds/Oils	
Almonds	Peanuts
Almond Butter	Peanut Butter
Avocado Oil	Pine Nuts
Brazil Nuts	Pistachios
Cashews	Pumpkin Seeds
Chia Seeds	Sesame Seeds
Extra Virgin Olive Oil	Sunflower Butter
Flax Seeds	Sunflower Seeds
Flax Seed Oil	Walnuts
Hemp Seeds	Walnut Oil

Beverages
Water
Coffee
Kombucha (fermented beverage)
Tea
Unsweetened sparkling water - plain, flavored
Sports beverages - if experiencing diarrhea
100% Juice

Frozen Foods
Frozen Fruit (no added sugar)
Frozen Vegetables (no added sauce)
Frozen, Ready to Eat Grains