

Grocery list

REFRIGERATED ITEMS

- Low-fat milk
- Low-fat yogurt
- Low-fat cheese (shredded, sliced, string cheese or cheese sticks)
- Low-fat cottage cheese
- Butter/margarine
- Eggs
- _____

CANNED

- Beans
- Vegetables
- Tomatoes
- Fruits in their own juice
- Jarred pasta sauce
- Tuna
- _____

GRAINS

- Pasta
- Rice
- High-fiber cereal
- High-fiber crackers
- Whole grain bread
- Whole grain English muffins
- Whole grain tortillas
- _____

CLEANING SUPPLIES

- Dish soap
- Dishwasher detergent
- Laundry detergent
- _____

VEGETABLES

- Fresh _____
- Frozen _____
- Bagged salad
- _____

FRUIT

- Fresh _____
- Frozen _____
- Dried _____
- _____

MISCELLANEOUS

- Nuts
- Peanut butter
- _____

CONDIMENTS

- Salad dressing
- Mustard
- Ketchup
- Mayonnaise
- Salsa
- _____

BAKING

- Flour
- Sugar
- Baking mixes
- _____

MEAT

- Chicken breast
- Ground turkey breast
- Fish/Seafood
- Beef/Pork
- _____

COOKING SUPPLIES

- Oil
- Cooking spray
- Spices
- Vinegar
- _____

PAPER/PLASTIC PRODUCTS

- Paper towels
- Napkins
- Paper plates
- Plastic cups
- Plastic silverware
- _____

SPECIAL ITEMS

- Sale items to stock up on

- Items needed for a special event

For more diet and nutrition tips, visit MSActiveWellness.com

You should consult your health care provider before making changes to your diet.

MS Active Wellness is a trademark of Biogen Idec. MS Active Wellness is sponsored by Biogen Idec and Elan Pharmaceuticals, Inc.