



DASH Shopping List

Vegetables (fresh)

- Artichokes
- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower 
- Celery
- Corn
- Cucumbers
- Eggplant
- Green beans
- Jicama
- Mushrooms
- Leafy greens: collards, kale, swiss chard, or turnip greens
- Leeks
- Lettuce or salad greens
- Onions: red, white, yellow or green
- Peas: green peas, snap peas, or snow peas
- Potatoes or sweet potatoes
- Radishes
- Root vegetables: parsnips, rutabaga, or turnips
- Spinach
- Summer squash: zucchini, yellow, crookneck, or pattypan
- Tomatoes
- Winter squash: acorn, butternut, pumpkin, or spaghetti squash

Breads & Bakery


whole wheat, whole grain

- Bagels
- Bread 
- English muffins
- Pita
- Pizza crust
- Tortillas (corn or whole-wheat)

Cereal

- Bran Cereal
- Whole Grain Cereal (hot or cold)
- Lowfat granola
- Muesli
- Oats (old-fashioned) or steel cut

Fruit (fresh)

- Apples
- Apricots
- Bananas
- Berries: strawberries, blueberries, raspberries or blackberries
- Cherries
- Citrus: grapefruit, oranges or tangerines
- Dates
- Figs
- Grapes
- Kiwi fruit
- Lemons or limes
- Mango
- Melon: cantaloupe, honeydew or watermelon
- Nectarines or peaches
- Papaya
- Pears 
- Pineapple
- Plums
- Prunes
- Raisins

Meat, Poultry, Seafood, Soy

- Beef: flank, round, or sirloin
- Beef, turkey, chicken (ground, lean)
- Chicken or turkey (skinless)
- Eggs
- Pork tenderloin
- Fish fillets (plain)
- Sliced deli meat
- Salmon 
- Shrimp
- Tempeh
- Tofu

Grains

- Barley
- Brown rice
- Bulgur
- Couscous (whole wheat)
- Kasha (buckwheat)
- Oats (old-fashioned) or steel cut
- Pasta (whole wheat)
- Quinoa, Millet, Amaranth
- Spelt, Triticale, Kamut
- Wild rice

Dairy

- Buttermilk (lowfat)
- Cheese (hard): reduced-fat cheddar, monterey jack, parmesan
- Cheese (soft): blue, Chevre (goat cheese), feta
- Cottage cheese (lowfat)
- Milk (fat-free or lowfat)
- Flavored milk (fat-free or lowfat)
- Kefir
- Margarine (trans fat free) 
- Mozzarella (part skim)
- Sour cream (lowfat)
- Yogurt (fat-free or lowfat)

Frozen Foods

- Chicken breast (skinless)
- Fish fillets (plain) and shellfish
- French toast (whole grain)
- Fruit (no added sugar)
- 100% Fruit juice
- 100% Fruit juice bars
- Pancakes (whole grain)
- Vegetables (plain)
- Veggie burgers
- Waffles (whole grain)

Canned Goods

- Applesauce (unsweetened)
- Beans and lentils (canned or dry): black, garbanzo, kidney, pinto, refried, split peas, white
- Broth (low- or reduced-sodium)
- Chiles (diced)
- Salmon or tuna (canned in water)
- Soup (low- or reduced-sodium)
- Tomatoes (low- or reduced-sodium)
- Tomato paste
- Tomato sauce (low- or reduced-sodium)


Condiments, Sauces, Spreads

- Bean dip
- Chili sauce or hot sauce
- Fruit-only or low-sugar spreads
- Hummus
- Marinara sauce (reduced-sodium)
- Mayonnaise (low-fat)
- Mustard
- Oil: canola, olive, sesame
- Pesto
- Fresh salsa or Pico de gallo
- Salad dressing (vinaigrette or lowfat)
- Soy sauce (reduced-sodium)
- Sun-dried tomatoes
- Vinegar: balsamic, cider, red wine, rice wine, etc...

Packaged Snacks

- Crackers (whole grain)
- Dried fruit
- Popcorn, air popped or light
- Pretzels (whole grain)

Nuts & Seeds

- Almonds
- Cashews
- Hazelnuts
- Nut butter (peanut, almond, etc) 
- Peanuts
- Pecans
- Seeds (pumpkin or sunflower)
- Soy nuts
- Walnuts

Beverages

- 100% Fruit juice
- Herbal tea
- Sparkling water
- Low-sodium vegetable Juice

Stock up on the right foods for DASH meals and snacks. Review your weekly meal planner and favorite recipes and determine what you will need to have on hand for the week.

Herbs & Spices (dried or fresh)

- Allspice
- Basil
- Bay leaf
- Cayenne pepper
- Chili flakes
- Chili powder
- Chives
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry powder
- Dill
- Garlic
- Ginger
- Mint
- Mustard
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper: white or black
- Rosemary
- Sage
- Sesame seeds
- Tarragon
- Thyme

©2008
Nutrition Education Services
Oregon Dairy Council
www.dashdietoregon.org
10505 SW Barbur Blvd.
Portland, OR 97219
503-229-5033