

## UCANR recommended grocery list

Get ready for your New Year's resolutions with the University of California Agriculture and Natural Resource's recommended grocery list! Created from My Plate guidelines from the USDA, this will kick off a healthy start to the new year.

### Fruits (frozen or fresh!)

- Bananas
- Apples
- Pineapples
- Grapes
- Kiwis
- Raspberries
- Lemons
- Berries
- Watermelon
- Tomatoes
- Avocado
- Cherries
- Grapefruit
- Oranges
- Mandarins
- Pomegranates
- Mangoes
- Plums

### Veggies (frozen or fresh!)

- Cucumber
- Lettuce
- Broccoli
- Onions
- Carrots
- Jicama
- Artichokes
- Brussels sprouts
- Mushrooms
- Peppers
- Radishes
- Zucchini
- Squash
- Cauliflower
- Celery
- Asparagus
- Arugula

### Whole Grains

- Brown/Wild Rice
- Quinoa
- Oats
- Whole grain pasta
- Couscous
- Whole grain popcorn
- Whole grain cereal

### Dairy

- Yogurt
- Milk, low fat or fat-free
- Cheese
- Cottage cheese

### Healthy Proteins

- Chicken breasts
- Fish (tilapia, salmon, tuna)
- Lean ground beef
- Lean ground turkey
- Shrimp
- Clams
- Beans (black, garbanzo, kidney)
- Eggs
- Turkey bacon

