maimonides
Infants & Children's Hospital of Brooklyn

HEALTHY FOOD SHOPPING LIST

Produce		**Grains & other starches**
Dark green lettuce for salad		Whole wheat bread or pita
(try spinach or romaine lettuce)		Low-fat pancakes
Broccoli		Oatmeal
Carrots		Whole wheat English muffins
Cauliflower		Dried or canned beans
Zucchini		Whole grain waffles
Tomatoes		Brown rice
Cucumber		Low-fat, high-fiber crackers
Red/ yellow/ green bell peppers		(like Kashi TLC's or melba toast)
Onions		Rice Cakes
Sugar snap peas		Sweet potatoes
Avocado		Whole wheat or regular pasta
		High-fiber, low sugar cereal like:
Meat and Beans / Protein		Fiber One
Chicken cutlets		Grape-Nuts
Skinless chicken		Raisin Bran
Lean turkey		Multi-grain Cheerios
Canned tuna in water		Shredded wheat
Salmon, fresh or canned		Low-fat granola
Lean roast beef		
Low-fat ham		**Snacks**
Tofu		Animal crackers
Veggie Burgers / dogs		Low-fat granola bars
Eggs		Soy crisps
Egg-beaters		Sugar-free gelatin
Dried or canned beans		Fat-free, sugar-free pudding
Peanut butter (low-fat)		Nuts (unsalted)
		Raisins
Dairy		Low-fat popcorn
1% or skim milk		Sugar-free ices
Light yogurt (low-fat, sugar free)		Low-fat, sugar-free ice cream
Part skim or low-fat cheese		
Trans-fat-free margarine		**Others**
Light or fat-free cream cheese		Low-fat salad dressing
Low-fat or fat-free cottage cheese		Olive or canola oil
		Balsamic vinegar
Drinks		Seasoning and spices like:
WATER		Mrs. Dash
Diet Ice tea		Garlic
Flavored seltzer		Tomato sauce
Crystal light, Fruit2O		Low-fat cooking spray
Kool-Aid Jammers 10 (sugar-free)		Low-fat cooking spray

The Kids Weight Down Program offers weight loss services for child obesity. We offer these services as part of the Maimonides Infants & Children's Hospital of Brooklyn. The Kids Weight Down Program works with overweight and obese children and teenagers, as well as their families, to help them learn healthy food and exercise habits. We guide groups and individuals with nutrition, exercise and counseling.

KIDS WEIGHT DOWN PROGRAM
941 48th Street -- Brooklyn, NY -- (718) 283-8020