Latin American Diet Grocery List

Grains

Choose mostly whole grain choices. These contain the word "whole" as the first ingredient. Ex: "whole wheat."

- [ ] Pasta
- [ ] Bread
- [ ] Whole rice = brown rice
- [ ] Masa harina
- [ ] Masarepa
- [ ] Cereals
- [ ] Oatmeal
- [ ] Amaranth
- [ ] Quinoa
- [ ] Corn tortilla
- [ ] Whole grain tortilla
- [ ] _____
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Seafood

Salmon and other oily fish contain healthy Omega-3s. White fish is a great lean protein. Eat at least 2 times per week.

- [ ] Salmon
- [ ] Shrimp
- [ ] Cod
- [ ] Calamari
- [ ] Clams
- [ ] Tilapia
- [ ] Tuna
- [ ] Crab
- [ ] Sardines
- [ ] _____
- [ ] _____
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- [ ] _____

Healthy Oils/Fats

Store oils in a cool, dark place to make them last longer.

- [ ] Olive (Extra-Virgin)
- [ ] Canola
- [ ] _____
- [ ] _____
- [ ] _____

Herbs and Spices

Fresh herbs and spices are a great way to add flavor without adding fat or salt.

- [ ] Garlic
- [ ] Cilantro
- [ ] Oregano
- [ ] Thyme
- [ ] Mint
- [ ] Cumin
- [ ] Annato Seeds
- [ ] Pepper
- [ ] Cayenne pepper
- [ ] Honey
- [ ] Cocoa (without sugar)
- [ ] Vanilla
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Beans & Nuts

Beans and Nuts are a great way to add fiber and protein to a meal. Eat beans in place of meat at least once a week. For nuts, stick to a handful a day because they are high in calories.

- [ ] Chickpeas (Garbanzo)
- [ ] Lima beans
- [ ] White beans
- [ ] Black beans
- [ ] Pinto beans
- [ ] Lentils (red, green, brown)
- [ ] _____
- [ ] _____
- [ ] Almonds
- [ ] Peanuts
- [ ] Pine nuts
- [ ] _____
- [ ] _____

Dairy/Eggs

- [ ] Low-fat milk
- [ ] Yogurt
- [ ] Cheese (queso fresco)
- [ ] Eggs

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Poultry & Meat

Both are a great source of protein. But eat red meat at most once a week.

- [ ] Chicken
- [ ] Turkey
- [ ] Beef
- [ ] Pork
- [ ] _____
- [ ] _____
- [ ] _____

Fruits

Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.

- [ ] Apples
- [ ] Bananas
- [ ] Plantains
- [ ] Oranges
- [ ] Cherries
- [ ] Papaya
- [ ] Guava
- [ ] Strawberries
- [ ] Pineapple
- [ ] Passion fruit
- [ ] Tamarind
- [ ] Avocados
- [ ] Prickly pear
- [ ] Mango
- [ ] Cherimoya
- [ ] Coconut
- [ ] Peaches
- [ ] Plums
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
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Vegetables

Fresh veggies are important for weight control and good health. Frozen and low-sodium canned veggies are also good choices.

- [ ] Tomatoes (fresh, canned, and sauce)
- [ ] Tomatillo
- [ ] Spinach
- [ ] Carrots
- [ ] Red / Green Peppers
- [ ] Mushrooms
- [ ] Green beans
- [ ] Jícama
- [ ] Zucchini
- [ ] Squash
- [ ] Sweet potato
- [ ] Onions
- [ ] Peas
- [ ] Chayote
- [ ] Corn
- [ ] Chillies
- [ ] Cassava/Yuca
- [ ] Potato
- [ ] _____
- [ ] _____
- [ ] _____
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Drinks

Stay hydrated, drink plenty of water!

- [ ] Water
- [ ] Te (yerba mate, chamomile)
- [ ] Mineral water
- [ ] Coffee
- [ ] _____
- [ ] _____

Miscellaneous

Include other pantry essentials and home goods like cleaning supplies so you don't forget!

- [ ] _____
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