

FOOD SHOPPING DURING QUARANTINE

Meal planning and preparation can be a tremendous challenge during quarantine. With mandates to shelter in place and limit trips to the grocery store, food shopping, becomes a lot more complicated. To help you reduce the amount of time you spend at the store, create a plan before you go. Get delivery when possible. Organize your list according to the section of the store in which the items are located.

Here are some tips to help you make healthful food choices:

FRUITS

Aim for two to three fruits each day. Buy at least two different fruits.

- Apples
- Bananas
- Blueberries
- Grapefruit
- Grapes
- Kiwi
- Melons
- Oranges
- Peaches
- Pears
- Strawberries

WHOLE GRAINS

Choose the whole-grain variety whenever possible.

- Bread (whole-grain; the first ingredient should list the word "whole")
- Cereal (choose cereals with 5 g or more of fiber and fewer than 5 g of sugar per serving).
- Flour (whole-wheat; may be white or brown in color)
- Oatmeal (old-fashioned rolled oats or steel-cut oats),
- Pasta or noodles (whole-wheat),
- Rice (brown)
- Tortillas (whole-grain)

VEGETABLES

Eat at least 3 to 4 cups of vegetables each day. Variety can make food more interesting and delicious. Buy at least two different vegetables each week.

- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- Greens: chard, collards, kale, leeks, spinach
- Lettuce: red, romaine
- Mushrooms
- Onions, shallots
- Peas, pea pods
- Peppers: green, red, yellow
- Ready-to-eat veggie snacks: carrots, celery, radishes

NUTS & SEEDS

Aim for one ounce per day of unsalted nuts and seeds as snacks or sprinkle them on top of salads or casseroles.

- Almonds
- Cashews
- Hazelnuts
- Peanuts
- Pecans
- Pistachios
- Walnuts
- Sunflower seeds
- Pumpkin seeds

BEANS & LEGUMES

Dried, frozen or canned

- Lentils
- Peas
- Black-eyed peas
- Kidney beans
- Black beans
- Lima beans
- Pinto beans
- Soybeans
- Chickpeas

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