

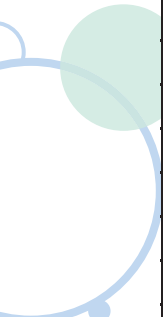


## *We Can!* Grocery List Template

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Use this template to fill in your weekly grocery list. Some examples of GO and SLOW foods are included to help you. Print this sheet before every shopping trip and use it to help you pick healthier items for your family. Check out the *Go, Slow, and Whoa Foods Chart* on the **We Can!** Web site for more examples.

Fruits and Vegetables	Breads, Rice, Cereal, Pasta
<b>GO:</b> Apples	<b>GO:</b> Whole grain bread
<b>GO:</b> Spinach	<b>GO:</b>
<b>GO:</b>	<b>GO:</b>
<b>GO:</b>	<b>GO:</b>
<b>GO:</b>	<b>GO:</b>
<b>GO:</b>	<b>GO:</b>
<b>GO:</b>	<b>GO:</b>
<b>GO:</b>	<b>GO:</b>
<b>GO:</b>	<b>GO:</b>
<b>GO:</b>	<b>SLOW:</b> White rice
<b>GO:</b>	<b>SLOW:</b>
<b>GO:</b>	<b>SLOW:</b>
<b>GO:</b>	<b>SLOW:</b>
<b>GO:</b>	
Meat, Poultry, Fish, Eggs, Beans and Nuts	Milk, Cheese, Yogurt
<b>GO:</b> Chicken breasts	<b>GO:</b> Low-fat or fat-free yogurt
<b>GO:</b>	<b>GO:</b> Fat-free milk
<b>GO:</b>	<b>GO:</b>
<b>GO:</b>	<b>GO:</b>
<b>SLOW:</b> Whole eggs	<b>GO:</b>
<b>SLOW:</b>	<b>SLOW:</b>
	<b>SLOW:</b>





Packaged Foods	Fats, Oils, Sugar
<b>GO:</b> Canned pineapple in its own juice	<b>SLOW:</b> Olive oil
<b>GO:</b> Black beans	<b>SLOW:</b>
<b>GO:</b>	
<b>GO:</b>	
<b>GO:</b>	
<b>SLOW:</b> Frozen pizza	
<b>SLOW:</b>	
<b>SLOW:</b>	<b>Other (household items)</b>
<b>SLOW:</b>	

For more information about **We Can!** visit <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN

