

EASe-GAD Grocery List



Food Categories	Items to Purchase
Vegetables Recommended Servings: Include at all meals, aim to cover half your plate Tip: Choose fresh if in season or frozen if out of season	
Fruit Recommended Servings: 2+ per day Tip: Choose fresh if in season or frozen if out of season	
Legumes Recommended Servings: Eat 4 times per week Tip: Canned beans are fast and easy to use	
Fish and Seafood Recommended Servings: Eat 2 times per week Tip: Frozen or canned seafood is great value	
Nuts and Seeds Recommended Servings: Eat ¼ cup daily	
Eggs and Meat	
Olive Oil Recommendations: Use as your main source of fat	
Yoghurt, Cheese, Milk Tip: Choose Greek yoghurt with no added sugar	
Other Foods	

