



C.A.D. Food Shopping List

Replace



THIS-----with-----THAT:

- Processed Deli Meats
- Juice
- Whole Milk
- Canned Vegetables
- Solid Fats for cooking

Other tips for health promoting behaviors:

- Perform physical activity daily (30 min, 5 days a week)
- Tobacco cessation
- Monitor blood pressure regularly
- Control or reduce weight by making healthy food choices

- Grilled, Baked or Boiled Fish, Meat and Poultry
- Fresh Fruits
- Fat Free or Low Fat Milk and Dairy
- Fresh or Frozen Vegetables
- Liquid vegetable oil for cooking

