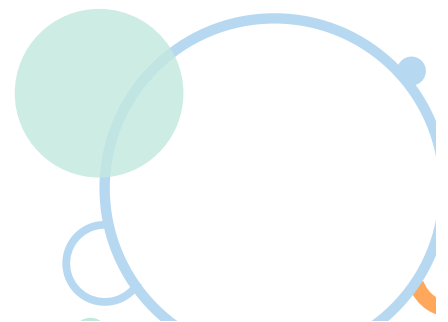


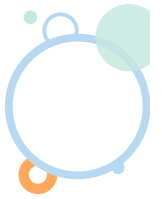


We Can! Grocery List Template

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
GO: Apples	GO: Whole-grain bread
GO: Spinach	GO:
GO:	GO:
GO:	GO:
GO:	GO:
GO:	GO:
GO:	GO:
GO:	GO:
GO:	SLOW: White rice
GO:	SLOW:
GO:	SLOW:
GO:	SLOW:
GO:	
Meat, Poultry, Fish, Eggs, Beans and Nuts	Milk, Cheese, Yogurt
GO: Chicken breasts	GO: Low-fat or fat-free yogurt
GO:	GO: Fat-free milk
GO:	GO:
GO:	GO:
SLOW: Whole eggs	GO:
SLOW:	SLOW:
	SLOW:





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

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

We Can! is an effort of the the National Heart, Lung, and Blood Institute (NHLBI) in collaboration with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD) and the National Cancer Institute (NCI).

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To learn more about **We Can!** Pittsburgh, visit
<http://www.upmchealthplan.com/about/wecan.html>.