

Best foods for seniors shopping list

- Frozen vegetables
- Frozen fruit packed in its own juice, not syrup
- Applesauce
- Pre-sliced fruits and vegetables
- Fresh fruits and veggies
- Dark, leafy greens, like spinach
- Cabbage
- Dried prunes
- Canned fruit, packed in water, not syrup
- Fortified cereals
- Instant oatmeal or steel-cut oats
- Low-fat or fat-free yogurts
- Low-fat or fat-free milk; choose a lactose-free version if dairy upsets your stomach
- Low-sodium canned tuna packed in water, not oil
- Fresh or canned salmon
- Skinless chicken breast, or buy it with the skin on and remove it at home to cut costs
- Lean cuts of beef
- Lean pork
- Low-sodium canned beans, like black beans, pintos, white beans, or garbanzos
- Lentils
- Low-sodium soups packed with vegetables and protein
- Whole grain pastas
- Tomato sauce
- Canned tomatoes
- Brown rice
- Quinoa
- Eggs
- Low-fat cheeses
- Low-fat cottage cheese
- Dark chocolate
- Natural peanut butter without added sugar or sodium
- Herbs and spices, instead of salt
- Sweet potatoes or regular potatoes with the skin left on
- Whole grain breads

