

Healthy Grocery List for Kids



Meat and Fish

- ◯ Chicken
- ◯ Mackerel
- ◯ Salmon
- ◯ Sardines
- ◯ Tuna
- ◯ Lean beef
- ◯ Turkey

Eggs and Dairy

- ◯ Eggs
- ◯ Cheese
- ◯ Milk
- ◯ Tofu
- ◯ Yogurt

Fruit

- ◯ Apples
- ◯ Bananas
- ◯ Blueberries
- ◯ Grapes
- ◯ Kiwi
- ◯ Mango
- ◯ Oranges
- ◯ Pears
- ◯ Raspberries
- ◯ Strawberries
- ◯ Watermelon

Healthy oil

- ◯ Canola oil
- ◯ Flaxseed/linseed oil
- ◯ Olive oil
- ◯ Rapeseed oil

Vegetables

- ◯ Avocados
- ◯ Bell peppers
- ◯ Broccoli
- ◯ Carrots
- ◯ Cucumbers
- ◯ Kale
- ◯ Pumpkin
- ◯ Chickpeas
- ◯ Baked beans
- ◯ Black beans
- ◯ Black-eyed peas
- ◯ Peas
- ◯ Red kidney beans
- ◯ White beans
- ◯ Lettuce
- ◯ Tomato
- ◯ Spinach
- ◯ Sweetcorn
- ◯ Sweet potatoes
- ◯ Zucchini/courgettes

Grains and Pasta

- ◯ Brown rice
- ◯ Buckwheat
- ◯ Bulgar wheat
- ◯ Chia seeds
- ◯ Linseed
- ◯ Pumpkin seeds
- ◯ Sunflower seeds
- ◯ Wholegrain pasta
- ◯ Whole wheat bread
- ◯ Whole wheat couscous

Snacks

- ◯ Fruit strips
- ◯ Brazil nuts
- ◯ Cashew nuts
- ◯ Pistachios
- ◯ Walnuts
- ◯ String cheese

Listonic

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