

GROCERY LIST

Your loved one needs healthy food options during treatment and recovery. Use this suggested grocery list to help you get started. Keep in mind that these foods are only suggestions. Consider food allergies or nutrition guidelines recommended by the healthcare team and make changes, as necessary.

Pantry items

Grains

- | | |
|---|--|
| <input type="checkbox"/> Whole grain breads | <input type="checkbox"/> Couscous, bulgur wheat and quinoa |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Natural popcorn |
| <input type="checkbox"/> Oatmeal and hot cereal | <input type="checkbox"/> Flour and breadcrumbs |
| <input type="checkbox"/> Whole grain rice and pasta | <input type="checkbox"/> Whole grain cereal |

Fruits and vegetables

- | | |
|--|--|
| <input type="checkbox"/> Canned and dried fruits | <input type="checkbox"/> Onions and garlic |
| <input type="checkbox"/> Unsweetened applesauce | <input type="checkbox"/> Canned tomatoes and other veggies |
| <input type="checkbox"/> Potatoes and sweet potatoes | |

Dairy

- | | |
|---|--|
| <input type="checkbox"/> Nonfat dry milk, whey protein powder | <input type="checkbox"/> Evaporated milk |
|---|--|

Proteins

- | | |
|--|--|
| <input type="checkbox"/> Canned fish and chicken (packed in water) | <input type="checkbox"/> Canned and dried beans/peas |
| <input type="checkbox"/> Natural peanut and almond butter | <input type="checkbox"/> Protein bars |
| <input type="checkbox"/> Unsalted nuts and seeds | |

Fats and oils

- | | |
|---|--|
| <input type="checkbox"/> Olive and canola oil | <input type="checkbox"/> Cooking spray |
|---|--|

Other

- | | |
|--|--|
| <input type="checkbox"/> Low-sodium soup and stock | <input type="checkbox"/> Flavoured drink mixes |
| <input type="checkbox"/> Dried herbs and spices | <input type="checkbox"/> Pudding and gelatin |
| <input type="checkbox"/> Assorted vinegars | <input type="checkbox"/> Honey, sugar and stevia |
| <input type="checkbox"/> Decaffeinated teas/coffee | |

Refrigerator and freezer items

Grains

- Whole-grain waffles
- Whole-grain fresh pastas

Fruits and vegetables

- Assorted fresh fruits and veggies
- 100% juice (or from concentrate)
- Packaged salad
- Tomato or fruit salsa

Dairy

- Low-fat milk
- Low-fat cottage and ricotta cheese
- Low-fat yogurt
- Fortified soy, almond and rice milk
- Low-fat cheese
- Sherbet, yogurt and ice cream

Proteins

- Eggs
- Turkey breast
- Skinless chicken breast
- Deli meats (nitrate free)
- Lean pork
- Hummus
- Lean beef
- Fish or shrimp

Fats and oils

(Use full-fat choices if weight loss is an issue)

- Low-fat mayonnaise
- Low-fat cream cheese
- Low-fat salad dressings
- Soft trans-fat-free margarine (in a tub)
- Low-fat sour cream

Other

- Nutrition drinks
- Ready-to-eat meals
- Popsicles

Extra groceries

_____	_____
_____	_____
_____	_____
_____	_____



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Never hesitate to contact us, we're here to help!

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