Build a Plant-Forward Cart

Plant-forward meals and snacks can be easy! Celebrate plants by filling your shopping cart with a variety of healthy options.

- Choose canned vegetables like beans, tomatoes and corn for easy meal additions.
- Nuts/seeds add crunch, protein, fiber and good fats to salads, cereal and snacks.
- Add in a variety of fresh fruits and veggies.
- Select “good” fats such as olive and canola oils and nut butters.
- Shop for whole grain foods such as pasta, bread, crackers and cereal.
- Dairy products provide key nutrients like calcium and vitamin D.
- Stock up on frozen fruits and vegetables which can be added to soups, stir-fries or smoothies.

Plant-forward does not mean giving up protein-rich meat, poultry or fish. Just find the balance, flexing your recipes and snack choices to include more plants.