

Foods for a Healthier You Get Shopping!

At Oaks Senior Living, we understand the importance of health and nutrition. The food we eat plays a vital role in keeping our bodies healthy, allowing individuals to live an active and enriched life.

This shopping list is meant to be a guide for you to find foods that nourish your body and help you maintain a healthy, balanced diet!

Foods that Benefit Heart Health

Fruits and vegetables

- ☐ Blueberries
- ☐ Strawberries
- ☐ Blackberries

Legumes

- ☐ Garbanzo Beans
- ☐ Edamame Beans
- ☐ Pinto Beans

Grains

- ☐ oats
- ☐ whole wheat
- ☐ Brown Rice

Foods that Benefit Bone Health

Fruits and vegetables

- ☐ Collard Greens
- ☐ Kale
- ☐ Grapefruit

Dairy

- ☐ Milk (Almond, Soy, Coconut)
- ☐ Yogurt
- ☐ Cheese

Nuts and Seeds

- ☐ Pine Nuts
- ☐ Pumpkin Seeds
- ☐ Almonds

Foods that Benefit Eye Health

Fruits and vegetables

- ☐ Oranges
- ☐ Spinach
- ☐ Carrots

Legumes

- ☐ Kidney Beans
- ☐ Black-eyed Peas
- ☐ Chickpeas

Meat

- ☐ Salmon
- ☐ Trout
- ☐ Halibut

