

# Healthy Shopping List for Elderly People

## From The Live-in Care Hub



A healthy shopping list for elderly people.  
Add to it and adapt it to suit your needs and preferences...

<b>Fresh produce</b>	<b>For the fridge</b>	<b>For the freezer</b>	<b>For the store cupboard</b>
Wholemeal bread	Semi-skimmed milk	Chicken breast fillets	Olive Oil and olives
Eggs	Low-fat yoghurt	Salmon	Wholegrain cereal
Broccoli	Goats cheese	Peas	Porridge oats
Spinach	Olive-oil based spread	Raspberries	Tinned salmon
Avocado	Chicken breast fillets	Blueberries	Tinned sardines
Cabbage	Salmon		Brown rice
Kale	Orange juice		Wholewheat pasta
Oranges			Cannellini beans*
Red grapes			Lentils*
Plums			Chickpeas*
Apricots			Almonds, walnuts
Cherries			Sunflower seeds
			Pumpkin seeds

*\*Although many beans and pulses come in tins choose the dried varieties if you need to watch your salt intake.*