

PEI Healthy Eating Alliance

## Grocery Shopping List

Choose a balanced diet by eating  
a variety of foods from  
*Eating Well with Canada's Food Guide*

### Vegetables and Fruit

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### Grain Products

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### Milk and Alternatives

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### Meat and Alternatives

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### Snacks

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### Other

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### PEI Healthy Eating Alliance

*Dedicated to improving the eating habits of  
children and youth in Prince Edward Island*

[www.healthyeatingpei.ca](http://www.healthyeatingpei.ca)



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### Grain Products

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### Milk and Alternatives

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### Meat and Alternatives

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### Snacks

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### Other

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