

H-E-B

BRAIN HEALTHY GROCERY LIST

This grocery list is based on evidence-based diet recommendations from the New England Journal of Medicine¹

VEGETABLES:

- 16 oz Texas Roots Fresh Kale: **\$3.62**
- 10oz H-E-B Fresh Baby Spinach: **\$3.41**
- 16oz H-E-B Frozen Chopped Spinach: **\$1.64**
- Hill Country Fare Canned Leaf Spinach: **\$1.37**
- Hill Country Fare Canned No Salt Added Sliced Carrots: **\$1.00**
- 16oz Frozen H-E-B Crinkle Cut Carrots: **\$1.33**
- 2-pound H-E-B Fresh Whole Carrots: **\$1.96**
- 16oz Texas Roots Fresh Chopped Collard Greens: **\$3.62**
- 16oz H-E-B Frozen Chopped Collard Greens: **\$1.85**
- 10oz H-E-B Fresh Grape Tomatoes: **\$2.32**
- Fresh Broccoli Crowns: **\$1.19 each**
- 16oz H-E-B Frozen Broccoli Florets: **\$1.54**
- Canned H-E-B No Salt Added Cut Green Beans: **\$0.92**
- Canned Central Market Low Sodium Garbanzo Beans: **\$1.55**
- Canned Central Market Low Sodium Black Beans: **\$1.55**

FRUIT:

- 11oz Fresh Blueberries: **\$3-\$4**
- 16oz H-E-B Frozen Blueberries: **\$3.10**
- 1-pound Fresh Strawberries: **\$3.30**
- 16oz H-E-B Frozen Strawberries: **\$2.56**
- Fresh Large Navel Orange: **\$1.09 each**
- 4 count H-E-B Mandarin Orange Cups in Juice: **\$1.85**
- 24oz Frozen Sliced Great Value Bananas: **\$3.41**
- Fresh Bunch of Bananas: **\$1.25 each**

PROTEIN:

- 4.25-5.5 pound Hill Country Fare Fresh Chicken Drumsticks: **\$4-7**
- 3-pounds Hill Country Fare Chicken Breasts: **\$10-15**
- 1-1.15-pound H-E-B Fish Market Fresh Center Cut Salmon: **\$17.44/lb**
- 10oz Frozen H-E-B Wild Caught Frozen Salmon Filets: **\$10.37**
- 4.25oz Canned Hill Country Fare Sardines in Water: **\$1.02 each**
- 2.5oz Pouch Chicken of the Sea Boneless Pink Salmon in Water: **\$1.54 each**

NUTS & GRAINS:

- 16oz H-E-B Premium Walnut Halves & Pieces: **\$8.30**
- 16oz H-E-B Whole Natural Raw Almonds: **\$6.53**
- 12oz H-E-B Mammoth Pecan Halves: **\$9.34**
- 12oz H-E-B Unsalted Roasted Pistachios: **\$5.70**
- 42oz H-E-B Old Fashioned Oats: **\$4.14**
- 2 Count Minute Brown Rice and Quinoa Microwavable Cups: **\$1.96**
- 3-pounds H-E-B Organics White Quinoa: **\$12.36**
- 2-pounds H-E-B Long Grain Brown Rice: **\$1.71**
- 20oz H-E-B Organics 100% Whole Wheat Sliced Bread: **\$4.35**

MISCELLANEOUS:

- 25.4oz Bertolli Extra Virgin Olive Oil: **\$14.31**
- Decaffeinated Bigelow Green Tea 40 Count Tea Bags: **\$5.18**
- 32oz Oikos Triple Zero Vanilla Greek Yogurt: **\$5.77**
- 1.8oz H-E-B Ground Turmeric: **\$3.10**

*Prices included on the sheet are estimates and based on current 2025 prices in Texas

*This information sheet was created by a study team at UT Health San Antonio as a resource for providers, but has not been reviewed by the H-E-B Grocery Company, LP.

***It's important to always consult your physician before making any significant changes to your diet.**

1. Barnes, L. L., Dhana, K., Liu, X., Carey, V. J., Ventrelle, J., Johnson, K., Hollings, C. S., Bishop, L., Laranjo, N., Stubbs, B. J., Reilly, X., Agarwal, P., Zhang, S., Grodstein, F., Tangney, C. C., Holland, T. M., Aggarwal, N. T., Arfanakis, K., Morris, M. C., & Sacks, F. M. (2023). Trial of the MIND Diet for Prevention of Cognitive Decline in Older Persons. The New England journal of medicine, 389(7), 602-611. <https://doi.org/10.1056/NEJMoa2302368>