

# WALMART

## BRAIN HEALTHY GROCERY LIST

This grocery list is based on evidence-based diet recommendations from the New England Journal of Medicine<sup>1</sup>

### VEGETABLES:

- 1-pound Fresh Green Kale: **\$3.50**
- 12oz Frozen Great Value Steamable Chopped Kale: **\$1.50**
- 10oz Fresh Spinach: **\$2.00**
- 12oz Frozen Great Value Chopped Spinach: **\$1.25**
- Great Value Canned Leaf Spinach: **\$1.30**
- Great Value Canned Sliced Carrots: **\$0.96**
- 12oz Frozen Great Value Sliced Carrots: **\$0.98**
- 1-pound Fresh Whole Carrots: **\$0.98**
- 32oz Fresh Chopped Collard Greens: **\$5.00**
- 12oz Frozen Great Value Chopped Collard Greens: **\$1.50**
- 10oz Fresh Cherubs Grape Tomatoes: **\$2.75**
- Fresh Broccoli Crowns: **\$1.83 each**
- 12oz Frozen Great Value Steamable Broccoli Florets: **\$1.16**
- Canned Great Value Cut Green Beans: **\$0.64**
- Canned Great Value Chick Peas: **\$0.86**
- Canned Great Value No Salt Added Black Beans: **\$0.86**

### FRUIT:

- Fresh Blueberries: **\$3-\$4 a pint**
- 16oz Great Value Frozen Blueberries: **\$2.50**
- 1-pound Fresh Strawberries: **\$3.00**
- 16oz Great Value Frozen Strawberries: **\$2.50**
- Fresh Navel Orange: **\$0.88 each**
- 4 count Great Value Mandarin Orange Cups in Juice: **\$2.50**
- 16oz Frozen Sliced Great Value Bananas: **\$2.50**
- 40oz Frozen Great Value High in Antioxidant Fruit Blend: **\$8.96**

### PROTEIN:

- 4.25-5.5 pound Sanderson Farms Fresh Chicken Drumsticks: **\$5-7**
- 5-pound Frozen Great Value Chicken Breasts: **\$14.00**
- 1-pound Frozen Ready to Cook Marketside Skinless Atlantic Salmon Filets: **\$12.50**
- 3.75oz Canned Great Value Sardines in Water: **\$0.98 each**
- 5oz Canned Chicken of the Sea Boneless Pink Salmon Chunks in Water: **\$2.14 each**
- 2.5oz Pouch Chicken of the Sea Boneless Pink Salmon in Water: **\$1.38 each**

### NUTS & GRAINS:

- 16oz Great Value Walnut Halves & Pieces: **\$6.77**
- 14oz Blue Diamond Whole Natural Raw Almonds: **\$6.00**
- 16oz Fisher Pecan Halves: **\$11.84**
- 12oz Great Value Lightly Salted, Shelled Pistachios: **\$10.32**
- 42oz Great Value Instant 100% Whole Grain Old Fashioned Oats: **\$3.98**
- 2 Count Minute Brown Rice and Quinoa Microwavable Cups: **\$1.96**
- 32oz Great Value Natural Brown Long Grain Rice: **\$1.64**
- 24oz Oroweat Whole Wheat Bread: **\$3.98**

### MISCELLANEOUS:

- 17 fl oz Great Value Extra Virgin Olive Oil: **\$7.57**
- Decaffeinated Lipton Green Tea 40 Count Tea Bags: **\$4.72**
- 32oz Too Good Lower Sugar Vanilla Flavored Low Fat Greek Yogurt: **\$5.77**
- 2oz Great Value Ground Turmeric: **\$2.00**

\*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 WalMart, Inc..

**\*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>