

# Eating for Health Shopping List

## Vegetables

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5–6 servings per day. Choose fresh, deeply colored, in season, organically raised, and locally grown.

### Brassica Family

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|---|---|---|
| <input type="checkbox"/> Arugula            | <input type="checkbox"/> Cauliflower    | <input type="checkbox"/> Mustard greens |
| <input type="checkbox"/> Bok choy           | <input type="checkbox"/> Collards       | <input type="checkbox"/> Napa cabbage   |
| <input type="checkbox"/> Broccoli           | <input type="checkbox"/> Daikon         | <input type="checkbox"/> Radish         |
| <input type="checkbox"/> Broccoli sprouts   | <input type="checkbox"/> Kale           | <input type="checkbox"/> Rutabaga       |
| <input type="checkbox"/> Brussels sprouts   | <input type="checkbox"/> Kohlrabi       | <input type="checkbox"/> Turnip         |
| <input type="checkbox"/> Cabbage, red/green | <input type="checkbox"/> Mizuna, rapini | <input type="checkbox"/> Watercress     |

### Carotene Family

- |                                       |  |   |
|---------------------------------------|--|---|
| <input type="checkbox"/> Avocado      | <input type="checkbox"/> Mesclun salad mix | <input type="checkbox"/> Sweet potato   |
| <input type="checkbox"/> Beets        | <input type="checkbox"/> Pumpkin           | <input type="checkbox"/> Tomatoes, fresh  |
| <input type="checkbox"/> Carrots      | <input type="checkbox"/> Radicchio         | <input type="checkbox"/> Tomato sauce   |
| <input type="checkbox"/> Chard, Swiss | <input type="checkbox"/> Red pepper        | <input type="checkbox"/> Winter squash (acorn, butternut, delicata, hubbard, spaghetti, turban) |
| <input type="checkbox"/> Corn         | <input type="checkbox"/> Romaine lettuce   | <input type="checkbox"/> Yam  |
| <input type="checkbox"/> Leaf lettuce | <input type="checkbox"/> Spinach           |   |

### Allium Family

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|---------------------------------|---|
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Onions, red/yellow |
| <input type="checkbox"/> Leeks  | <input type="checkbox"/> Scallions          |

### Other

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|------------------------------------|--|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Green beans   | <input type="checkbox"/> Peas, green      |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Jicama  | <input type="checkbox"/> Peas, sugar snap |
| <input type="checkbox"/> Burdock   | <input type="checkbox"/> Mushrooms (button, crimini, enoki, maitake, oyster, portobello, shiitake) | <input type="checkbox"/> Potatoes         |
| <input type="checkbox"/> Celery    | <input type="checkbox"/> Okra  | <input type="checkbox"/> Summer squash    |
| <input type="checkbox"/> Cucumber  | <input type="checkbox"/> Parsnip   | <input type="checkbox"/> Zucchini         |
| <input type="checkbox"/> Eggplant  |  |   |
| <input type="checkbox"/> Fennel    |  |   |

## Fruits

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1–2 servings per day. Choose fresh, ripe, organically grown, deeply colored fruits (fresh or frozen).

### Flavonoid Family

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|---------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Blueberries  | <input type="checkbox"/> Figs             | <input type="checkbox"/> Raisins      |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Gooseberries     | <input type="checkbox"/> Raspberries  |
| <input type="checkbox"/> Cherimoya    | <input type="checkbox"/> Grape, dark skin | <input type="checkbox"/> Rhubarb      |
| <input type="checkbox"/> Cherries     | <input type="checkbox"/> Plums            | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cranberries  | <input type="checkbox"/> Pomegranate      |                                       |
| <input type="checkbox"/> Currants     | <input type="checkbox"/> Prunes           |                                       |

### Carotene Family

- |                                     |                                     |                                     |
|-------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Apricot    | <input type="checkbox"/> Kiwi       | <input type="checkbox"/> Persimmon  |
| <input type="checkbox"/> Papaya     | <input type="checkbox"/> Mango      | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Guava      | <input type="checkbox"/> Nectarines |                                     |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Peach      |                                     |

### Citrus Family

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|---|--------------------------------|------------------------------------|
| <input type="checkbox"/> Grapefruit, pink | <input type="checkbox"/> Lime  | <input type="checkbox"/> Oranges   |
| <input type="checkbox"/> Kumquat          | <input type="checkbox"/> Lemon | <input type="checkbox"/> Tangerine |

### Other

- |                                 |                                    |                                   |
|---------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Pear      | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Quince   |

## Beverages

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|--|--|--|
| <input type="checkbox"/> Almond, hazelnut, oat, or rice milk | <input type="checkbox"/> Fruit juice (no added sugar): blueberry, cherry, cranberry, pomegranate | <input type="checkbox"/> Green tea       |
| <input type="checkbox"/> Chai                                |  | <input type="checkbox"/> Herb tea        |
|  |  | <input type="checkbox"/> Vegetable juice |

## Whole Grains

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1–3 servings per day. Choose high-fiber products ( $\geq 3$  g per serving) from a variety of grains.

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|-------------------------------------|---|--|
| <input type="checkbox"/> Amaranth   | <input type="checkbox"/> Kamut            | <input type="checkbox"/> Rye           |
| <input type="checkbox"/> Barley     | <input type="checkbox"/> Millet           | <input type="checkbox"/> Quinoa        |
| <input type="checkbox"/> Bread      | <input type="checkbox"/> Oats, steel cut  | <input type="checkbox"/> Spelt         |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> Oat bran         | <input type="checkbox"/> Teff          |
| <input type="checkbox"/> Buckwheat  | <input type="checkbox"/> Pasta            | <input type="checkbox"/> Wheat berries |
| <input type="checkbox"/> Crackers   | <input type="checkbox"/> Polenta          | <input type="checkbox"/> Wild rice     |
| <input type="checkbox"/> Cornmeal   | <input type="checkbox"/> Popcorn, air pop |  |

## Nuts & Seeds

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1–2 Tbs per day. Choose organic raw or dry roasted.

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|--------------------------------------|--|--|
| <input type="checkbox"/> Almonds     | <input type="checkbox"/> Nut butters   | <input type="checkbox"/> Sesame seeds    |
| <input type="checkbox"/> Brazil nuts | <input type="checkbox"/> Pecans        | <input type="checkbox"/> Sunflower seeds |
| <input type="checkbox"/> Cashews     | <input type="checkbox"/> Peanuts       | <input type="checkbox"/> Tahini          |
| <input type="checkbox"/> Filberts    | <input type="checkbox"/> Pistachios    | <input type="checkbox"/> Walnuts         |
| <input type="checkbox"/> Flax seeds  | <input type="checkbox"/> Pumpkin seeds |  |

## Legumes & Soy

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1–2 servings per day

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|---------------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Adzuki beans | <input type="checkbox"/> Kidney beans | <input type="checkbox"/> Split peas |
| <input type="checkbox"/> Black beans  | <input type="checkbox"/> Lentils      | <input type="checkbox"/> Soy milk   |
| <input type="checkbox"/> Chick peas   | <input type="checkbox"/> Lima beans   | <input type="checkbox"/> Tempeh     |
| <input type="checkbox"/> Edamame      | <input type="checkbox"/> Mung beans   | <input type="checkbox"/> Tofu       |
| <input type="checkbox"/> Hummus       | <input type="checkbox"/> Pinto beans  |                                     |

## Cold-Water Fish

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1–3 servings ( $\leq 12$  oz) per week. Choose high omega-3, low mercury fish (or omit and take purified fish oil daily).

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|--|--|--|
| <input type="checkbox"/> Salmon (not farmed) | <input type="checkbox"/> Cod, Halibut    | <input type="checkbox"/> Tilapia (farmed; choose U.S.-sourced, only) |
| <input type="checkbox"/> Sardines            | <input type="checkbox"/> Haddock – 1x/mo | <input type="checkbox"/> Trout                                       |
| <input type="checkbox"/> Scallops            | <input type="checkbox"/> Sole            | <input type="checkbox"/> Whitefish                                   |
| <input type="checkbox"/> Tuna, canned light  |  |  |

## Animal Foods

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1–2 servings ( $\leq 8$  oz) per week or less. Choose only organic, grass-fed (not grain-fed) lean meat and poultry; free of hormones, antibiotics, and nitrates.

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|--|---|----------------------------------|
| <input type="checkbox"/> Bison or beef | <input type="checkbox"/> Elk or venison | <input type="checkbox"/> Ostrich |
| <input type="checkbox"/> Chicken       | <input type="checkbox"/> Lamb           | <input type="checkbox"/> Turkey  |

## Dairy & Substitutes

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1–2 servings per day, as tolerated. Choose only organic, grass-fed, full- or low-fat.

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|---|-------------------------------------|--|
| <input type="checkbox"/> Asiago             | <input type="checkbox"/> Feta       | <input type="checkbox"/> Romano        |
| <input type="checkbox"/> Butter             | <input type="checkbox"/> Kefir      | <input type="checkbox"/> Yogurt (live) |
| <input type="checkbox"/> Cottage cheese     | <input type="checkbox"/> Mozzarella |  |
| <input type="checkbox"/> Eggs, high omega-3 | <input type="checkbox"/> Parmesan   |  |

## Spices, Condiments

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- Cider vinegar
- Carob
- Dark chocolate
- Flax oil
- Miso
- Nutritional yeast
- Herbs, fresh: basil, chives, cilantro, dill, ginger root, parsley, rosemary, tarragon
- Herbs, dry: bay, cinnamon, clove, cumin, oregano, pepper, thyme, turmeric (curry)
- Olive oil
- Salsa
- Unrefined sea salt
- Stevia
- Tamari, low salt
- Vanilla, pure