

HEALTHY FOOD SHOPPING LIST

FRUIT	Non-GMO	Apricots	Apples	Bananas	Blackberries
	USDA Certified Organic	Blueberries	Cantaloupe	Cherries	Cranberries
VEGETABLES	5 digit code starting with 9 (organic)	Dates	Grape	Grapefruit	Kiwi
		Lemons	Mangos	Oranges	Papayas
		Peach	Pear	Pineapple	Plums
		Pomegranates	Raspberries	Strawberries	Watermelon
		Artichokes	Arugula	Asparagus	Avocados
		Bamboo shoots	Beets	Broccoli	Butternut Squash
BEANS & LEGUMES		Cabbage	Cauliflower	Carrots	Cucumbers
		Green peppers	Kale	Mushrooms	Onions
		Pumpkin	Radishes	Red Peppers	Romaine lettuce
		Spinach	Sweet potatoes	Tomatoes	Water chestnuts
SEEDS & NUTS		Black beans	Chickpeas	Edamame	Kidney beans
		Lentils	Lima beans	Navy beans	Peanuts
		Peas	Pinto beans		
		Almonds	Brazil nuts	Cashews	Chia seeds
WHOLE GRAINS	No White	Flaxseed	Hazel nuts	Macadamia nuts	Pecans
		Pine nuts	Pistachios	Pumpkin seeds	Quinoa
		Sesame seeds	Sunflower seeds	Walnuts	
		Amaranth	Barley	Brown rice	Buckwheat
SEA VEGETABLES		Bulgur	Corn	Couscous	Oats
		Millet	Rye	Sorghum	Spelt
		Teff	Triticale	Whole wheat	
		Agar	Alaria	Arame	Bladderwrack
WHEATGRASS		Dulse	Hijiki	Kelp	Laminaria japonica
		Ogonori	Nori	Sea lettuce	Wakame
EXTRA VIRGIN OLIVE OIL		FOODS TO AVOID			
POULTRY & EGGS	USDA Certified organic, grass-fed	Alcohol	Condiments	Hot dogs	Sodas - diet/regular
		Bacon & sausage	Cookies	Lattes	Sports drinks
		Bagged chips/snacks	Dairy	Margarine	Trans fat
		Cake	Deep fried food	Pastries	White bread
		Candy bars	Deli meats	Salad dressing	White pasta
		Candy pieces	Energy drinks	Saturated fat	White rice
FISH WITH OMEGA-3 FATS	Wild-caught	Coffee creamers	Fast food	Slim Jims	White sugar
		Albacore tuna	Anchovies	Arctic Char	Cod
		Halibut	Herring	Mackerel	Rainbow trout
		Rockfish	Salmon	Sardines	
If Red Meat:		Bison	USDA Certified Organic		
If Pork:		Organic, Grass-fed	Uncured	Baked ham	
Milk alternatives:		Alternatives: Turkey-bacon sausage, Meat-free bacon & sausage			
		Almond milk	Cashew milk	Coconut milk	Hemp milk Rice milk