Shopping Guide

Whole Grains *25% of plate*	Proteins *25% of plate*	Vegetables *unlimited* *(fresh or frozen)*	Fruits *2 cups per day*	Miscellaneous

❑ Amaranth
❑ Bagels, whole grain/ sprouted
❑ Barley
❑ Bread, whole grain/ sprouted
❑ Brown rice
❑ Bulgur wheat
❑ Cold cereal, whole grain/high fiber
❑ Corn
❑ Cornmeal/polenta
❑ Couscous, whole wheat
❑ Crackers, whole grain
❑ English muffin, whole grain/sprouted
❑ Flatbread, whole grain
❑ Kamut
❑ Millet
❑ Oatmeal
❑ Pasta, whole grain/ quinoa
❑ Pita, whole grain
❑ Popcorn
❑ Potatoes, w/ skin*
❑ Quinoa
❑ Rye
❑ Spelt
❑ Sweet potatoes, w/ skin*
❑ Teff
❑ Tortillas, whole grain/ spouted
❑ Triticale
❑ Waffles, whole grain
❑ Wheat berries
 	
*starchy vegetable
	❑ Beans, dried or canned:
	  ❑ Black
	  ❑ Garbanzo
	  ❑ Kidney
	  ❑ Pinto
	  ❑ Refried, low-fat
	  ❑ White/cannellini
	❑ Lentils & peas
	❑ Nuts+seeds, raw/unsalted:
	  ❑ Almonds
	  ❑ Cashews
	  ❑ Hazelnuts
	  ❑ Peanuts
	  ❑ Pecans
	  ❑ Pinenuts
	  ❑ Pistachios
	  ❑ Pumpkin/pepitas
	  ❑ Sesame
	  ❑ Sunflower
	  ❑ Walnuts
	❑ Bean/lentil soups & chili
	❑ Edamame
	❑ Hummus
	❑ Nut & seed butters:
	  ❑ Almond
	  ❑ Peanut
	  ❑ Sesame
	  ❑ Sunflower
	❑ Seiten
	❑ Tempeh
	❑ Tofu
	❑ Cheese, non-dairy or dairy
	❑ Cottage cheese, low-fat
	❑ Eggs
	❑ Kefir, plain
	❑ Milk (w/calcium + D):
	  ❑ Almond
	  ❑ Dairy
	  ❑ Hemp
	  ❑ Oat
	  ❑ Rice
	  ❑ Soy
	❑ Veggie "meats"
	❑ Yogurt, plain
	❑ Beef, lean
	❑ Chicken
	❑ Fish: fresh, frozen or canned
	❑ Pork
	❑ Shellfish
	❑ Turkey
		❑ Artichoke
		❑ Asparagus
		❑ Beets
		❑ Bok choy
		❑ Broccoli
		❑ Brussels sprouts
		❑ Cabbage
		❑ Carrots
		❑ Cauliflower
		❑ Celery
		❑ Collard greens
		❑ Cucumber
		❑ Daikon
		❑ Eggplant
		❑ Green beans
		❑ Green onions
		❑ Hearts of palm
		❑ Jicama
		❑ Kale
		❑ Kohlrabi
		❑ Leeks
		❑ Mushrooms
		❑ Mustard greens
		❑ Okra
		❑ Onions
		❑ Pea pods
		❑ Peppers, all colors
		❑ Pumpkin
		❑ Radishes
		❑ Rhubarb
		❑ Salsa
		❑ Salad greens:
		  ❑ Arugula
		  ❑ Endive
		  ❑ Romaine
		  ❑ Spring mix
		  ❑ Watercress
		❑ Spaghetti sauce
		❑ Spinach
		❑ Squash, summer
		❑ Squash, winter
		❑ Sunchoke
		❑ Swiss chard
		❑ Tomatoes
		❑ Tomato sauce
		❑ Tomatillos
		❑ Grape tomatoes
		❑ Turnips
		❑ Water chestnuts
		❑ Zucchini
		❑ Vegetable soups
			❑ Apples
			❑ Applesauce (no sugar added)
			❑ Apricots
			❑ Bananas
			❑ Blackberries
			❑ Blueberries
			❑ Cantaloupe
			❑ Cherries
			❑ Clementine
			❑ Grapefruit
			❑ Grapes
			❑ Honeydew
			❑ Kiwi
			❑ Mango
			❑ Nectarine
			❑ Orange
			❑ Papaya
			❑ Persimmons
			❑ Peach
			❑ Pear
			❑ Pineapple
			❑ Plum
			❑ Pomegranate
			❑ Raspberries
			❑ Strawberries
			❑ Tangerines
			❑ Watermelon
			❑ Fruit cups (in own juice)
				❑ Avocado/Guac
				❑ BBQ sauce
				❑ Beverages:
				  ❑ Coffee
				  ❑ Sparkling water
				  ❑ Juice spritzers
				  ❑ Tea, hot/iced
				  ❑ Water
				  ❑ Wine, red/white
				❑ Braggs Aminos™
				❑ Butter alternative, trans-fat free
				❑ Chia seeds
				❑ Chocolate, dark
				❑ Cooking spray
				❑ Dried fruit
				  ❑ Cherries
				  ❑ Cranberries
				  ❑ Dates
				  ❑ Prunes
				  ❑ Raisins
				❑ Dulse flakes
				❑ Flaxseeds, ground
				❑ Frozen meals
				❑ Garlic
				❑ Ginger
				❑ Herbs and spices, fresh and dried
				❑ Ketchup
				❑ Lemons/limes
				❑ Mayonnaise, light canola
				❑ Mochi
				❑ Mustard
				❑ Nutritional yeast
				❑ Oils:
				  ❑ Flax
				  ❑ Grapeseed
				  ❑ Olive
				  ❑ Peanut
				  ❑ Safflower
				  ❑ Sesame
				❑ Salad dressing
				❑ Sea vegetable sprinkle (Eden™)
				❑ Sour cream, light
				❑ Sweeteners:
				  ❑ Agave
				  ❑ Barley malt syrup
				  ❑ Brown rice syrup
				  ❑ Honey, raw
				  ❑ Maple syrup
				❑ Vinegars
				❑ Tupperware/baggies