

Grocery Shopping Guide

Fruits & Veggies	Lean Proteins	Good Fats	Label Checklist
<p>Purple & blue</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eggplant <input type="checkbox"/> Red cabbage <input type="checkbox"/> Purple kale <input type="checkbox"/> Beets <input type="checkbox"/> Blueberries, blackberries, lingonberries <input type="checkbox"/> Purple carrots <input type="checkbox"/> Purple potatoes <input type="checkbox"/> Black grapes <input type="checkbox"/> Black cherries <input type="checkbox"/> Black/purple plums <p>Orange & yellow</p> <ul style="list-style-type: none"> <input type="checkbox"/> Oranges <input type="checkbox"/> Winter squash and pumpkin <input type="checkbox"/> Orange peppers <input type="checkbox"/> Carrots <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Orange cauliflower <input type="checkbox"/> Yams <input type="checkbox"/> Apricots, peaches <input type="checkbox"/> Mangos <p>Red & pink</p> <ul style="list-style-type: none"> <input type="checkbox"/> Red peppers <input type="checkbox"/> Tomatoes <input type="checkbox"/> Strawberries <input type="checkbox"/> Cherries <input type="checkbox"/> Cranberries <input type="checkbox"/> Red grapefruit <input type="checkbox"/> Red-skinned apples <input type="checkbox"/> Watermelon <input type="checkbox"/> Red grapes <input type="checkbox"/> Red radishes <input type="checkbox"/> Red lettuce, radicchio <input type="checkbox"/> Rhubarb stems <p>Dark green</p> <ul style="list-style-type: none"> <input type="checkbox"/> Spinach <input type="checkbox"/> Beet greens (the tops of beets) <input type="checkbox"/> Kale <input type="checkbox"/> Broccoli <input type="checkbox"/> Any other dark leafy green (e.g. lettuce, turnip greens, collard greens) <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Fresh herbs (e.g. parsley, basil) <input type="checkbox"/> Green beans, green peas <input type="checkbox"/> Avocado <input type="checkbox"/> Zucchini, cucumber (if you eat the peel) <p>Misc</p> <ul style="list-style-type: none"> <input type="checkbox"/> Onions, leeks, shallots <input type="checkbox"/> Garlic <input type="checkbox"/> Mushrooms <input type="checkbox"/> Cauliflower <input type="checkbox"/> Fennel/Anise <input type="checkbox"/> Celery 	<p>Meat</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lean/extra-lean cuts of beef <input type="checkbox"/> Lamb <input type="checkbox"/> Lean pork (e.g. pork tenderloin) <input type="checkbox"/> Wild game (e.g. venison, elk) <p>Poultry</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken <input type="checkbox"/> Turkey breast <input type="checkbox"/> Duck <input type="checkbox"/> Eggs & egg whites <p>Fish</p> <ul style="list-style-type: none"> <input type="checkbox"/> Salmon <input type="checkbox"/> Tilapia <input type="checkbox"/> Cod <input type="checkbox"/> Haddock <input type="checkbox"/> Smaller fish like herring and mackerel <p>Seafood</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shrimp (fresh or plain frozen) <input type="checkbox"/> Mussels, clams, scallops <input type="checkbox"/> Crab, lobster <input type="checkbox"/> Calamari (not deep-fried) <p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Plain yogurt <input type="checkbox"/> Whey protein <p>Plant-based proteins</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lentils <input type="checkbox"/> Beans <input type="checkbox"/> Peas <input type="checkbox"/> Hummus <input type="checkbox"/> Tofu, natto <input type="checkbox"/> Vegetarian protein powders (e.g. hemp protein, brown rice protein, vegan blend) <p>Whole Grains</p> <ul style="list-style-type: none"> <input type="checkbox"/> Oats (steel-cut or oat groats) <input type="checkbox"/> Buckwheat <input type="checkbox"/> Barley <input type="checkbox"/> Brown rice <input type="checkbox"/> Wild rice <input type="checkbox"/> Red rice <input type="checkbox"/> Amaranth 	<p>Cold-pressed oils</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra-virgin olive oil <input type="checkbox"/> Walnut oil <input type="checkbox"/> Hemp seed oil <input type="checkbox"/> Pumpkin seed oil <input type="checkbox"/> Avocado seed oil <input type="checkbox"/> Flax seed oil <input type="checkbox"/> Extra-virgin coconut oil <input type="checkbox"/> Grass-fed/organic butter <input type="checkbox"/> Fresh avocado <p>Nuts & seeds</p> <ul style="list-style-type: none"> <input type="checkbox"/> Raw, unflavoured, unsalted nuts (e.g. almonds, cashews, walnuts, pecans, Brazil nuts, hazelnuts, etc.) <input type="checkbox"/> Raw, unflavoured, unsalted seeds (e.g. pumpkin seeds, sunflower seeds, etc.) <input type="checkbox"/> Ground flax seeds <input type="checkbox"/> Fresh coconut <input type="checkbox"/> Natural peanut butter <input type="checkbox"/> Natural nut butter <p>Shopping Guideline</p> <p>Remember that this list is for ideas. You do not have to buy everything on the list.</p> <p>Start by choosing:</p> <ul style="list-style-type: none"> • 3 veggies: e.g. spinach, carrots, broccoli • 3 fruits: e.g. blueberries, oranges, grapes • 3 proteins: e.g. extra-lean ground beef, salmon, lentils • 3 fats: e.g. coconut oil, avocado, almonds • 2 grains: e.g. oatmeal, wild rice <p>Feel free to add your own Green Light Foods.</p> <p>Stick to the outside of the supermarket to avoid temptation.</p> <p>Always shop just what's on YOUR list!</p>	<p>Look for:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whole foods <input type="checkbox"/> No more than a few ingredients <input type="checkbox"/> Food that is close to what it used to be <input type="checkbox"/> Organic if possible <input type="checkbox"/> Local if possible <input type="checkbox"/> Minimal or no packaging <p>Avoid:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sugar (look for trick words and phrases) <input type="checkbox"/> Other sweeteners <input type="checkbox"/> Hydrogenated and fractionated oils such as corn or palm oil <input type="checkbox"/> Additives, preservatives, and colouring <input type="checkbox"/> Any other ingredients you don't recognize <input type="checkbox"/> More than a few ingredients <p>Trick words & phrases</p> <ul style="list-style-type: none"> <input type="checkbox"/> "Syrup" – corn syrup, brown rice syrup, agave syrup, etc. <input type="checkbox"/> Words ending in "ose" – sucrose, glucose, fructose, etc. <input type="checkbox"/> Words starting with "malto" – maltodextrin, maltitol, etc. <input type="checkbox"/> "Made with / contains real fruit" <input type="checkbox"/> "Fortified with" <p>Don't be fooled!</p> <p><i>Ignore what the front of the package says. Look at the back of the package. Remember, if a packaged food claims to be "healthy", it probably isn't. "Organic sugar" is still sugar.</i></p> <p>Yellow Food List</p> <p><i>Add Your Own If Necessary</i></p>