

# Grocery Shopping Checklist

Excerpted from The Guide to Healthy Eating, 2<sup>nd</sup> Edition, by David Brownstein, M.D. and Sheryl Shenefelt, C.N.

Fruit, Fresh	Vegetables, Fresh	Vegetables, Frozen
<ul style="list-style-type: none"> <li><input type="radio"/> Avocados</li> <li><input type="radio"/> Apples</li> <li><input type="radio"/> Applesauce</li> <li><input type="radio"/> Apricots</li> <li><input type="radio"/> Bananas</li> <li><input type="radio"/> Blueberries</li> <li><input type="radio"/> Blackberries</li> <li><input type="radio"/> Cantaloupes</li> <li><input type="radio"/> Grapes, Red</li> <li><input type="radio"/> Grapes, Green</li> <li><input type="radio"/> Honeydew</li> <li><input type="radio"/> Lemons</li> <li><input type="radio"/> Limes</li> <li><input type="radio"/> Nectarines</li> <li><input type="radio"/> Oranges</li> <li><input type="radio"/> Peaches</li> <li><input type="radio"/> Pineapples</li> <li><input type="radio"/> Raspberries</li> <li><input type="radio"/> Strawberries</li> <li><input type="radio"/> Watermelons</li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Arugula</li> <li><input type="radio"/> Asparagus</li> <li><input type="radio"/> Basil</li> <li><input type="radio"/> Bell Peppers (type?)</li> <li><input type="radio"/> Broccoli</li> <li><input type="radio"/> Carrots (type?)</li> <li><input type="radio"/> Celery</li> <li><input type="radio"/> Cilantro</li> <li><input type="radio"/> Cucumber</li> <li><input type="radio"/> Garlic</li> <li><input type="radio"/> Green beans</li> <li><input type="radio"/> Kale</li> <li><input type="radio"/> Lettuce (type?)</li> <li><input type="radio"/> Onions (type?)</li> <li><input type="radio"/> Potatoes (type?)</li> <li><input type="radio"/> Spinach</li> <li><input type="radio"/> Sprouts</li> <li><input type="radio"/> Swiss Chard</li> <li><input type="radio"/> Tomatoes</li> <li><input type="radio"/> Squash</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Asparagus</li> <li><input type="radio"/> Broccoli</li> <li><input type="radio"/> Corn</li> <li><input type="radio"/> Green beans</li> <li><input type="radio"/> Lima beans</li> <li><input type="radio"/> Peas</li> <li><input type="radio"/> Potatoes</li> <li><input type="radio"/> Mixed veggies</li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul> <p data-bbox="967 1115 1122 1144"><b>Fruit, Frozen</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Blueberries</li> <li><input type="radio"/> Blackberries</li> <li><input type="radio"/> Mangoes</li> <li><input type="radio"/> Peaches</li> <li><input type="radio"/> Raspberries</li> <li><input type="radio"/> Strawberries</li> <li><input type="radio"/> Tropical blend</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>

<p><b>Fats/Oils</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Butter</li> <li><input type="radio"/> Coconut oil</li> <li><input type="radio"/> Coconut milk</li> <li><input type="radio"/> Flax oil</li> <li><input type="radio"/> Ghee</li> <li><input type="radio"/> Olive oil</li> <li><input type="radio"/> Palm oil</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul> <p><b>Canned Goods</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Artichoke hearts</li> <li><input type="radio"/> Beans (black, chili, white, garbanzo)</li> <li><input type="radio"/> Fruits (pineapple, papaya)</li> <li><input type="radio"/> Olives (black, green)</li> <li><input type="radio"/> Pizza sauce</li> <li><input type="radio"/> Sockeye salmon</li> <li><input type="radio"/> Spaghetti sauce</li> <li><input type="radio"/> Tomatoes (whole, diced, crushed)</li> <li><input type="radio"/> Tomato sauce</li> <li><input type="radio"/> Tomato paste</li> <li><input type="radio"/> Tuna fish</li> <li><input type="radio"/> Chicken broth</li> <li><input type="radio"/> Beef broth</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>	<p><b>Nut/Seed Butters</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Almond butter</li> <li><input type="radio"/> Cashew butter</li> <li><input type="radio"/> Macadamia nut butter</li> <li><input type="radio"/> Peanut butter</li> <li><input type="radio"/> Tahini (sesame seed butter)</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul> <p><b>Baking</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Baking powder</li> <li><input type="radio"/> Baking soda</li> <li><input type="radio"/> Chocolate chips</li> <li><input type="radio"/> Cocoa</li> <li><input type="radio"/> Flours (type?)</li> <li><input type="radio"/> Honey, raw</li> <li><input type="radio"/> Maple syrup</li> <li><input type="radio"/> Spices (type?)</li> <li><input type="radio"/> Stevia</li> <li><input type="radio"/> Sweeteners</li> <li><input type="radio"/> Vanilla</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul> <p><b>Pasta and Rice</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Elbow pasta</li> <li><input type="radio"/> Soba noodles</li> <li><input type="radio"/> Spaghetti noodles</li> <li><input type="radio"/> Lasagna noodles</li> <li><input type="radio"/> Brown rice</li> <li><input type="radio"/> Wild rice</li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>	<p><b>Breads/Grains</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Bagels, sprouted</li> <li><input type="radio"/> Bread, gluten-free</li> <li><input type="radio"/> Bread, sprouted</li> <li><input type="radio"/> Buns, sprouted</li> <li><input type="radio"/> Buckwheat cereal</li> <li><input type="radio"/> Oats</li> <li><input type="radio"/> Tortillas, gluten-free</li> <li><input type="radio"/> Tortillas, sprouted</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul> <p><b>Nuts and Seeds</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Almonds</li> <li><input type="radio"/> Cashews</li> <li><input type="radio"/> Macadamia nuts</li> <li><input type="radio"/> Pecans</li> <li><input type="radio"/> Pine nuts</li> <li><input type="radio"/> Pumpkins seeds</li> <li><input type="radio"/> Sesame seeds</li> <li><input type="radio"/> Sunflower seeds</li> <li><input type="radio"/> Walnuts</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>
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<p><b>Snacks</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Applesauce</li> <li><input type="radio"/> Blue tortilla chips</li> <li><input type="radio"/> Chips (type?)</li> <li><input type="radio"/> Crackers (type?)</li> <li><input type="radio"/> Dried fruit (apples, apricots, cranberries, raisins)</li> <li><input type="radio"/> Fruit leather</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul> <p><b>Meats</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Bacon</li> <li><input type="radio"/> Chicken sausages</li> <li><input type="radio"/> Hot dogs</li> <li><input type="radio"/> Meatballs</li> <li><input type="radio"/> Pepperoni</li> <li><input type="radio"/> Sliced meats (turkey, ham, chicken)</li> <li><input type="radio"/> Turkey sausages</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>	<p><b>Dairy and Eggs</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Butter</li> <li><input type="radio"/> Cheese (mild, sharp, Colby, Monterey Jack)</li> <li><input type="radio"/> Cheese, goat</li> <li><input type="radio"/> Cream</li> <li><input type="radio"/> Cream cheese</li> <li><input type="radio"/> Eggs</li> <li><input type="radio"/> Milk</li> <li><input type="radio"/> Mozzarella</li> <li><input type="radio"/> Parmesan cheese</li> <li><input type="radio"/> Yogurt, plain</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul> <p><b>Beverages</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Amazake</li> <li><input type="radio"/> Beer, microbrew</li> <li><input type="radio"/> Coconut water</li> <li><input type="radio"/> Kombucha</li> <li><input type="radio"/> Wine, sulfite free</li> <li><input type="radio"/> Sake</li> <li><input type="radio"/> Sparkling water</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Apple cider vinegar</li> <li><input type="radio"/> Balsamic vinegar</li> <li><input type="radio"/> Ketchup</li> <li><input type="radio"/> Kimchi</li> <li><input type="radio"/> Lemon juice</li> <li><input type="radio"/> Lime juice</li> <li><input type="radio"/> Mayo</li> <li><input type="radio"/> Mustard</li> <li><input type="radio"/> Pickles</li> <li><input type="radio"/> Salsa</li> <li><input type="radio"/> Sauerkraut</li> <li><input type="radio"/> Tamari</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul> <p><b>Desserts</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Chocolate</li> <li><input type="radio"/> Ice cream</li> <li><input type="radio"/> Macaroons</li> <li><input type="radio"/> Shortbread</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>
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