

# Healthier Grocery List by Julie Herbst

*Please update this list to meet your family's needs! Happy Shopping and Healthy Living!*

## Label Reading:

1. TOTAL CALORIES compared to Calories From Fat. Fat Calories should be less than 20%
2. SODIUM – ratio of sodium to calories should be no more than 1:1. For condiments no more than 4:1 because we use less.
3. TOTAL SUGARS – if less than 5% good
4. WATCH FOR HARMFUL INGREDIENTS

## FRUITS AND VEGETABLES Highest in Pesticides

Apples, Peaches, Nectarines, Strawberries, Grapes, Celery, Spinach, Sweet bell peppers, Cucumbers, Cherry Tomatoes

## FRUITS AND VEGETABLES Least in Pesticides!

Kiwi, Papayas, Mangos, Asparagus, Onions, Sweet peas frozen, Cabbage, Pineapples, Sweet Corn, Avocados

## Costco:

Figs, Dates, Raisins, Pasta, Avocados, Onions, Garlic, Limes, Lemons, Organic Spinach, Organic Lettuce, Oranges, Grapefruit, Bananas, Kiwi, Plums, Organic Chia Seeds, Organic Flaxseeds, Organic Quinoa, Rice, Organic Syrup, Organic Honey, Tabasco Sauce, Seltzer Water & 100% Juice for “all natural soda”

## Whole Foods, Trader Joes, Local Grocery Store etc.:

**PRODUCE:** Whatever is in season! Mushrooms, Lettuce, Tomatoes, Onions, Garlic, Lemons, Limes, Ginger Root, Carrots, Yukon Potatoes, Sweet Potatoes, Oranges, Zucchini, Squash, Mango, Cilantro, Celery, Arugula, Kale, Leaf, Collard Greens, Ginger, Bananas, Raspberries, Avocados, Spaghetti Squash, Cucumbers, Peppers, Cilantro, Collards, Broccoli, Bell and Hot Peppers, Basil etc.

## MEAT, FISH, EGGS ETC.

Pasture-raised eggs, Organic Grass-fed beef, Organic Chicken and Turkey, Wild Fish

## WHOLE GRAINS, NUTS, SEEDS, DRIED FRUIT, BEANS:

\*Whole Grains – Rice (brown, black etc.), Quinoa, Buckwheat rough or med cut, Oats (Rolled, Irish, Gluten Free)

Nuts - Walnuts, Cashews, Macadamia, Almonds, Pine, Brazil

Seeds - Sesame Seeds, Flaxseeds, Chia Seeds, Pumpkin Seeds

Dried Fruit – Raisins, Dates, Medjool Dates, Figs etc.

Dried Beans – Lentil, Adzuki, Black, Garbanzo, Pinto, Kidney etc.

Canned or Boxed Beans – Garbanzo, Kidney, Pinto, Black, Cannelli (LOW SALT)

## OTHER:

\*Whole Grains for Hot Cereals or Cold Cereals like Kashi Puffs, Erewhorn Puffed Rice or Ezekiel Granola

Westsoy or Edensoy Organic, Unsweetened Soy Milk in box containers

Whole Grain Flour – 100% Whole Grain or Stone Ground

100% Whole Grain Bread – sprouted is best like Ezekiel or Manna

100% Whole Grain Pasta or Gluten Free should be 100% Whole Grain also (*No Enriched or Durum Wheat Semolina*)

Tomatoes (Pomi diced tomatoes in box) and Garlic Tomato Sauce etc. or Low Salt/Sugar Spaghetti Sauce

Raw Almond Butter, Peanut Butter, Tahini etc. Jelly 100% fruit if possible

Westbraue Stone Ground Mustard / Low salt & sugar Ketchup, Barbecue Sauce, etc.

Rice Vinegar, Apple Cider Vinegar, Balsamic Vinegar, Flavored Vinegars

Low Salt Vegetable Broth, Kalamata Olives, Sundried Tomatoes, Nutritional Yeast

Syrup, Honey, Stevia, 100% Organic Shredded Coconut Unsweetened, Organic Unsweetened Cocoa Powder

Guiltless Gourmet Corn Chips and Salsa (no salt or make your own) / Mary's Crackers – read labels on packages

100% Apple Juice and Apple Sauce

Frozen Vegetables – All different kinds Collard Greens, Mustard Greens, Kale, Organic Corn, Mixed Vegetables etc.

Frozen Fruits – All different kinds (ascorbic acid is okay on label but try to buy 100% fruit)

Spices: Salt Substitute, Cinnamon, Nutmeg, Onion Flakes, Curry, Poultry, Italian, Taco, Chili, Cayenne, Pepper,

Paprika, Thyme, Mustard Powder, Granulated Garlic, Cumin, Rosemary, Pumpkin Pie Spice, Bay Leaves, Turmeric

Parchment Paper for baking pans – no need to use oil on baking pans just line with parchment paper

Bridge the Gap with *Juice Plus+® Capsules, Chewables, Complete® Shake Mix, Complete® bars, Tower Garden®*