



GROCERY LIST



VEGETABLES

Green

- Artichokes
- Avocado
- Broccoli
- Celery*
- Cucumber
- Green bell peppers
- Kale
- Salad greens
- Spinach*
- Swiss chard
- Zucchini
- _____
- _____

Red

- Beets
- Red bell peppers*
- Tomatoes*
- _____

Orange

- Carrots
- Orange/yellow bell peppers*
- Squash (pumpkin, butternut, acorn squash)
- Yam
- _____

Other Colors

- Cauliflower
- Eggplant
- Mushrooms
- Potatoes
- Purple cabbage
- _____

FRUITS

- Apples*
- Bananas
- Berries (strawberries*)
- Grapes*
- Melon
- Nectarines*/peaches*
- Oranges
- Pears
- _____

SPICE/HERBS

- Basil
- Cilantro, parsley
- Chives, green onion
- Garlic, onion
- _____

GRAINS

Whole Grains

- Brown rice
- Couscous
- Corn, polenta, grits
- Oatmeal
- Quinoa
- Whole grain bread, tortillas, pita
- Whole grain cereal
- Whole grain pasta
- Other: Barley, bulgar, wheat berries, millet, kasha
- _____

Other Grains

- _____
- _____
- _____

MEATS, BEANS, DAIRY, FISH

Meat

- Beef
- Chicken, turkey
- Luncheon meat
- Pork
- _____

Vegetarian

- Beans, lentils
- Hummus
- Nuts
- Nut/seed butter
- Seeds
- Tofu, edamame
- _____

Dairy/Dairy Alternatives

- Cheese
- Eggs
- Milk/milk alternative
- Yogurt
- _____

Fish/Seafood

- Fish (Atlantic/Sockeye Salmon, Atlantic/Pacific Mackerel, Freshwater Trout, Sardines, Catfish, Tilapia)
- Shellfish (Pacific Oysters, mussels, clams, crab, scallops, shrimp, squid)

OTHER ITEMS

- _____
- _____
- _____
- _____



For **Vegetables and Fruits**, choose various colors of the Rainbow weekly. Consider purchasing the organic version of the asterisked (*) items.



For **Fish/Seafood**, all the items listed are moderate-high in healthy fats, and lower in mercury.



List of the Dirty Dozen and Clean Fifteen
<https://www.ewg.org/foodnews/>