

## Healthy Foods Grocery Guide to Help Alleviate the Question: “What’s a healthy choice at the store?”

### Bakery and Bread

- Sprouted grain bread & English muffins
- Sprouted grain tortillas (make quick, healthy wraps!)
- \*There are gluten free breads and tortillas available, look for ones with fiber and as natural as possible. There are some recipes online for homemade versions and also some for grain free breads.

Choose organic, sprouted grains whenever possible. They provide more nutrients, protein & fiber. They are also lower glycemic.



### Proteins:

- Antibiotic free, skinless chicken or turkey breasts (organic when possible)
- Ground turkey or chicken (organic when possible)
- *Wild caught* Salmon, halibut, trout, or your favorite seafood- watch labeling as farm-raised salmon and tilapia are very common and often labeled in the fine print that they are farm raised. Do not eat this.
- *No Nitrite/Nitrate* lunchmeat (turkey, lean roast beef)
- Grass fed beef, whole eggs (preferably omega-3 rich)
- Organic tofu, quinoa, nut butters, hemp hearts are a rich source of plant protein few little carbs

If you buy red meat, choose grass fed when possible & the leanest cuts -- ones with little marbling.

Eat (organic) ground chicken or ground turkey breast instead of ground beef or choose lean ground organic or grass fed beef. These are much lower in fat and higher in omega 3 fatty acids. Get creative with the condiments, spices and you’ll get flavor without less fat. You can do this in increments, so you and your family get used to the taste and texture of lower fat foods.

### Pasta and Rice

- Black or Brown rice (avoid white rice), buckwheat
- Legume based pastas such as lentil, black bean, chickpea – great for vegetarians, lots of fiber & protein, usually gluten free\* too! Great option for vegetarians too.
- Shiritaki or Soba noodles (konjac flour, not yam flour) can be freely eaten (you may find these in the gluten free section of your store)
- Sub out regular rice for cauliflower rice if trying to watch your carbohydrate intake. (Keep in the freezer)

### Oils, Sauces, Salad Dressings, and Condiments

- No added sugar tomato sauce, prepared Pico de Gallo or Organic Salsa (adds zest with nutrition & low fat), organic low sugar marinara sauce
- Mustard, vegan or organic mayonnaise (1-2 Tablespoons)

- Red-wine vinegar
- Extra virgin olive oil, coconut or avocado oil, cooking spray w/no preservatives or use a sprayer w/your own oil
- Hot sauce (no sugar added) to add zing & flavor to your recipes

Many sauces and condiments are surprisingly high in sodium and sugar (like ketchup!). Look for low sugar or no added sugar varieties. Keep track of sodium levels, especially if you're cutting back on salt.

**Natural Sweeteners:** Pure maple syrup (1 tsp), raw honey (1 tsp), whole leaf stevia extract (use sparingly)

### Cereals and Breakfast Foods

- Spouted grain bread, bulger (cracked wheat), organic old fashioned oats, organic corn meal, millet
- Organic steel-cut - add fresh fruit to sweeten
- Instant Buckwheat is a nice gluten free option or a gluten free rolled oats oatmeal

Buy cereals that are high in fiber and low in sugar. Whole grains (sprouted, whole wheat etc) should be first ingredient. Use berries, dried fruit, honey or nuts to add sweetness & texture to your cereal.

### Soups and Canned Goods

- Organic canned\* vegetables, diced or whole peeled tomatoes
- *Wild caught* Tuna or salmon packed in water
- Low-sodium, organic soups and broths & bone broths
- Organic Black, kidney, or garbanzo beans; lentils, split peas
- Diced green chilies, organic tomatoes
- Unsweet applesauce for a fruit option or on hand for lower fat baking – you can replace it for the oil in recipes.



Check the label to see how much sodium is in canned vegetables and soups. Look for lower-sodium varieties and rinse before using to reduce sodium even further. When buying canned fruits, choose brands that are packed in juice rather than syrup. *\*If buying canned food look for a “non-BPA lining” symbol*

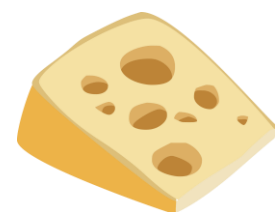
### Frozen Foods

- Frozen vegetables: (organic when possible) broccoli, spinach, peas, and carrots (no sauce)
- Frozen fruit: strawberries, raspberries, blueberries, mangos etc (organic & without added sugar)
- Frozen shrimp, frozen organic or natural, no antibiotic and organic chicken when possible
- Pre-portioned, low-fat ice cream or frozen yogurt IF you must! (If this is too tempting keep out of the house)
- Sprouted grain waffles if not watching carbs and must get waffles
- Cauliflower-based\* rice & pizzas (with uncured pepperoni is an option now too!)

Buy organic frozen vegetables to throw into soups, casseroles, and stews or even as a quick side dish. You can add fresh lemon juice a bit of EVOO on top for flavor. **\*\*½ C. Low-fat frozen vanilla yogurt blended with frozen fruit with a little almond or coconut milk makes a quick, healthy dessert.\*\***

### Dairy: Grass fed or organic when possible

- Almond, coconut milk, Kefir
- Low-fat unsweetened Greek yogurt (rBST free, organic when possible)
- Low-fat cottage cheese (try to find one with no carrageenan)
- Eggs or egg substitutes (organic when possible & high in Omega 3s)



- Grass fed Butter

If you like whole-fat cheeses and butter, you don't have to deprive yourself. Just use smaller portions.

Buy strong-flavored cheeses like Parmesan or goat cheese, so that you can use a smaller amount without sacrificing taste.

Don't buy pre-sweetened or flavored yogurts, which can be very high in sugar and calories. Instead, buy plain Greek yogurt and add your own flavor with a tablespoon of fresh fruit or honey.

### Snacks, Nuts & Seeds:

- Unsweetened applesauce (1/2 cup), unsweet Greek yogurt
- Dried fruit: currants, dates, figs, prunes, raisins (sulfite-free, 1-2 pieces)
- Nuts: almonds, cashews, walnuts, pecans, brazil, pistachios (raw & unsalted)
- Seeds: sunflower seeds, sesame, pumpkin, whole or ground flaxseeds, chia seeds
- Almond butter
- Hummus – there are many varieties and are great to dip veggies in for a quick snack.
- Dark chocolate pieces (containing more than 70% cocoa, 1-2 squares)
- Organic sprouted grain tortilla chips, guacamole (1/4 cup), salsa ¼ C

### Produce

- Fruit: organic apples, oranges, mangoes, organic strawberries, blueberries, avocados, low glycemic
- Vegetables: (organic when possible) baby spinach, broccoli, celery, cauliflower, dark leafy greens, brussels sprouts, your favorite low starchy veggies! Eat starchy vegetables in smaller quantities

Look for a large variety of colorful fruits and vegetables. They have the most nutrients. Buy fruits and vegetables that are in season & organic when possible and locally grown. They taste better and cost less. You can often freeze if you buy extra.

### Drinks

- Unsweetened organic green and flavored teas
- Unsweetened Sparkling water\* – they have some flavored ones too
- Organic, fair trade coffee (if you can do caffeine)
- Unsweetened almond, coconut, hemp or chia milks

Avoid any sweetened drinks including juices. Also avoid “diet drinks”. An easy at-home recipe is to add fresh or frozen fruit or cucumbers to infuse sparkling or plain water. \*Don't overdo the sparkling waters as the carbonation can cause bone density issues if used long term.



*Happy Healthy Shopping!!!*

**For more tips and support to living a healthier lifestyle, join us on [Facebook!](#)**

**[www.Seedsofchangenutrition.com](http://www.Seedsofchangenutrition.com)**

Disclaimer: This is a general guide to get you going to stock some healthy favorites. This list is not a comprehensive list and is not designed to cure disease or recommended specifically for you or any family member as a nutrition plan or for nutritional or medical advice. Please refer to your physician for specific foods they may recommend or not recommend for a medical condition. If you have known allergies to any of these foods, do not consume.