

Healthy Shopping List

**Source: UMIM: Healing Foods Pyramid/University of Michigan
<http://www.med.umich.edu/UMIM/food-pyramid/about.htm>*

FRUITS / VEGETABLES

Choose a variety, in amounts sufficient to cover the U of M recommendation of 7 or more servings per day. Try these:

Apricots
Blackberries
Blueberries
Cantaloupe
Kiwifruit
Plums
Pomegranate
Raspberries
Watermelon

Asparagus
Bell Peppers
Broccoli
Cabbage
Carrots
Kale
Radicchio
Spinach
Tomatoes
Watercress
Zucchini

GRAINS: 4-11 servings/day (*U of M recommendations)

100% Whole Wheat breads, pita, pancake or waffle mix, and cereals
Quinoa
Brown Rice
Steel cut or Rolled oats
Barley
Millet
Bulgar

LEGUMES: 1-3 servings/day (*U of M recommendations)

Beans: Garbonzo, lima, fava, black, kidney, navy, pinto, etc.

Peas

Lentils (red lentils are especially healthy_

Peanuts

HEALTHY FATS: 3-9 servings/day (*U of M recommendations)

Olive Oil

Flaxseed Oil

Macadamia Nut Oil

Grape Seed Oil

Sesame Oil

Nuts (macadamia, hazelnuts, almonds, walnuts, pecans, pine nuts, etc.)

Seeds (sesame, pumpkin, ground flaxseed, sunflower seeds)

Butters (almond butter, peanut butter, tahini, sunflower seed butter)

Avocado

Black and Green Olives (the kind you find on olive bars, not in a can)

EGGS: 1 servings (*U of M recommendations)

Look for eggs from free-range, grain fed chickens

DAIRY: 1-3 servings (*U of M recommendations)

Milk

Yogurt

Part-skim ricotta

Low-fat sour cream

Part-skimmozzarella

Low-fat cottage cheese

Cheese

(U of M recommends choosing products that come from free-range animals)

FISH & SEAFOOD: 2-4 servings/week (*U of M recommendations)

Anchovies

Wild Salmon

Wild Atlantic Mackerel (*Limit if pregnant/nursing)

Atlantic Herring

Yellowfin Tuna

Halibut (*Limit if pregnant/nursing)

Shrimp

PLEASE VISIT <http://www.med.umich.edu/UMIM/food-pyramid/fish.htm>
FOR SPECIFIC SAFE EATING RECOMMENDATIONS, ESPECIALLY IF
YOU ARE PREGNANT OR NURSING!!

LEAN MEATS: 1-3 servings/week (*U of M recommendations)

Chicken

Pork

Bison

Venison

Turkey

Extra Lean ground beef

*Choose products labeled: organic, hormone-free, anti-biotic free, grass-fed
and/or wild if at all possible.