

Well-Being Program Nutrition Support

Shopping List

The following list includes whole foods that can support your physical and mental health goals. Select a variety of these nutrient-dense foods based on your personal preferences, cultural traditions, and budget.

This list can be printed and used as a resource when shopping.

Remember to avoid the temptations found in the interior aisles of your store!

Fruit

- Avocados
- Bell peppers
- Blackberries
- Blueberries
- Grapefruit
- Guava
- Lemon
- Orange
- Pears
- Papaya
- Raspberries
- Strawberries
- Tomatillos
- Tomatoes

Vegetables

- Artichoke
- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cassava
- Cauliflower
- Celery
- Chard
- Collards (fresh)
- Cucumber
- Eggplant
- Endive
- Fennel
- Garlic

- Green beans (fresh)
- Kale
- Leek
- Mushrooms
- Mustard greens
- Okra
- Onion
- Parsnips
- Plantains
- Pumpkin
- Radishes
- Seaweed (kelp, kombu, nori)
- Spinach
- Squash
- Sweet potatoes
- Turnips, turnip greens (fresh)

Grains

- Amaranth
- Barley
- Brown rice
- Buckwheat
- Bulgur
- Farro
- Oats
- Quinoa
- Rye
- Whole wheat

Nuts & Seeds

- Peanuts
- Pinto beans
- Soybeans
- Split peas
- Tofu

Protein

- Beef
- Chicken
- Duck
- Eggs
- Crab
- Goat
- Herring
- Lamb
- Lobster
- Mackerel
- Organ meats (kidneys, liver)
- Oyster
- Pork
- Salmon
- Sardines
- Shrimp
- Tuna

Well-Being Program Nutrition Support Shopping List

Legumes

- Adzuki beans
- Black beans
- Black-eyed peas
- Fava beans
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils

Dairy

- Butter
- Ghee (clarified butter)
- Greek yogurt
- Kefir
- Milk

Fermented Foods

- Kimchi
- Kombucha
- Miso
- Pickled vegetables (unpasteurized)
- Sauerkraut
- Tempeh

Nuts & Seeds

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseeds
- Hazelnuts
- Macadamia nuts
- Pecans
- Pumpkin seeds
- Sunflower seeds
- Walnuts
- Nut and seed butters (unsweetened)

Oils

- Extra-virgin avocado oil
- Extra-virgin olive oil
- Virgin coconut oil
- Sweeteners

Sweeteners

- Coconut sugar
- Monk fruit (Iakanto)
- Stevia

STICK WITH WHAT IS ON THIS LIST AND IMPROVE YOUR WELL-BEING!

YOU CAN DO IT!

NOTES
