

HEART HEALTHY GROCERY LIST

Optimal health is founded on wholesome nutrition. Keep your refrigerator and pantry stocked with staple, whole-food stuffs to make eating well the easy choice, always!

FRUITS

Buy fresh or frozen. Frozen fruits are equally nutritious, convenient, and cost effective. Berries tend to lose nutrient value after picking, and freezing helps preserve phytonutrients.

- Apples
- Apricots
- Avocado
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Kiwi
- Lemons, limes
- Oranges
- Pears
- Peaches
- Pineapples
- Raspberries
- Red grapes
- Strawberries
- Tangerines

DRIED FRUITS

Opt for dried fruits without added sugars and oils.

- Cherries
- Blueberries
- Cranberries
- Dates
- Mangos
- Prunes
- Figs

TIP! ORGANIC OR NOT?

Buying organic produce can be costlier but helps reduce dietary exposure to toxic chemicals and pollutants from our environment. The Environmental Working Group helps to clarify which foods are lower in pesticides, and which are safer to eat organic. Check out the 2018 Clean 15 and Dirty Dozen lists.

VEGETABLES

Buy fresh or frozen. Limit canned selections. Like many fruits, fresh vegetables can lose nutrient value in transport and during cooking. Flash frozen vegetables store longer and cook quickly.

- Artichoke
- Asparagus
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Butternut, delicata, or spaghetti squashes
- Carrots
- Cauliflower
- Celery
- Chili peppers
- Collard greens
- Eggplant
- Garlic
- Green Beans
- Kale
- Leeks
- Mushrooms: shiitake, portabella, button, oyster
- Radish
- Red cabbage
- Red onions
- Romaine
- Spinach
- Spring greens
- Swiss chard
- Tomatoes
- Zucchini

CLEAN 15

Avocados, sweet corn, pineapple, cabbage, onions, green peas, papayas, asparagus, mangoes, eggplant, honeydew, kiwi, cantaloupe, cauliflower, broccoli

DIRTY DOZEN

Strawberries, spinach, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, tomatoes, sweet bell peppers, potatoes, hot peppers

GRAINS/CEREALS

Avoid frequent intake of refined, processed grain products (i.e. breads, bagels, pastries, pasta, boxed cereals, crackers, chips). Choose whole varieties of ancient and staple grains for added fiber, vitamins, and minerals.

- Amaranth
- Barley
- Brown or wild rice
- Buckwheat
- Farro
- Millet
- Oats
- Quinoa
- Sorghum
- Triticale
- Wheat or Oat bran
- 100% Whole wheat bread*
- (recommended brand: Ezekiel)

*Always read the ingredient list! Look for 100% whole grains or sprouted flours. Avoid refined flours (i.e. bleached white flour), added sugars (i.e. corn syrup, cane sugar, molasses, honey), and preservatives.

NUTS/SEEDS

Select raw, unsalted varieties. Choose in-shell as desired.

- | | |
|-------------|------------|
| Almonds | Macadamia |
| Brazil nuts | Peanuts |
| Cashews | Pecans |
| Chestnuts | Pistachios |
| Chia | Pumpkin |
| Flax | Sunflower |
| Hazelnuts | Walnuts |
| Hemp | |

OILS

When choosing cooking oils, look for dark glass bottles to prevent oxidation. Avoid generic 'vegetable' oils, Crisco or vegetable shortening, margarine spreads, and all hydrogenated or trans fats. Store in a dark, cool environment.

- Extra Virgin Olive Oil, Olive Oil
- Avocado oil
- Sesame, Peanut, Sunflower or Safflower*
- Grass fed butter or Ghee**
- Coconut Oil**

*Use in moderation for higher heat cooking or searing if specific flavor desired.

**Use animal based or tropical saturated fats sparingly

PROTEINS

Complement plant foods with small quantities of quality lean animal proteins. When possible, opt for organic, grass fed meats/poultry/eggs and wild-caught fish to limit exposure to antibiotics, hormones, and other contaminants. Pick fish at least twice per week.

FISH

wild salmon, cod, sole, sable fish, shrimp, herring, mahi-mahi, mackerel, perch, trout, tuna*, sardines

POULTRY

skinless, boneless organic chicken breast, whole organic broiler chicken (eat skin in moderation, organic ground turkey, lean 90%

EGGS

organic, free-range eggs, organic liquid egg whites

SOY

organic, non-GMO tofu (sprouted if available), tempeh, edamame

LEGUMES

dried varieties (black, kidney, lentils, garbanzo, cannellini, white northern, pinto, butter, black eyed) and/or canned varieties**

MEAT (in small quantities)

organic, grass fed beef; organic grass-fed lean ground beef; lamb or ground lamb; pork

*If choosing canned tuna/sardines, select packed in oil to preserve the omega-3 fats! Limit tuna and mackerel intake to less than 2x/week to reduce mercury and PCB exposure.

**Beans offer a fiber and mineral rich alternative to animal protein. When selecting canned, opt for 'reduced sodium' or 'no added salt' varieties.

DAIRY/NON-DAIRY

MILK organic, reduced fat milk (skim-2%) (from grass-fed cows, if available)

NON-DAIRY organic, non-GMO, unsweetened almond, soy, coconut, rice, hemp, or oat milk

YOGURT organic, reduced fat or fat free, plain Greek yogurt

KEFIR organic, reduced fat or fat free, plain kefir

NON-DAIRY coconut, almond, cashew yogurt or kefir without added sugars and artificial ingredients

CHEESE Ricotta, mozzarella, feta (2% or part skim varieties, avoid artificial ingredients) (other varieties, enjoy sparingly!)

HERBS/SPICES

Herbs and spices are powerhouse sources of antioxidants. Choose fresh, dried, or powdered. Use often.

Allspice	Ginger	Cocoa	Clove
Nutmeg	Parsley	Coriander	Basil
Bay leaves	Rosemary	Cumin	Dill
Black Pepper	Saffron	Nutmeg	Onion
Cayenne	Sage	Fennel	Chive
Cinnamon	Thyme	Garlic	Mint
Oregano	Turmeric	Cilantro	Chili

VINEGARS

Vinegar is a pantry staple for quick salad dressings and marinades. Keep a few types on hand.

Apple Cider (bonus, contains probiotics)
Red Wine, White Wine, Rice Wine
Balsamic
White distilled

SWEETENERS

Keep added dietary sugars low. Even types found in fresh fruit and naturally occurring honey or maple syrup are not healthful in excess. When sweetening a dish, opt for natural sources with the least refining. Avoid artificial sweeteners and sugar alcohols. Stevia is naturally occurring.

Raw, local, honey
Molasses
Pure Maple Syrup
Agave
Coconut sugar
Stevia (non-caloric)
Monk fruit (non-caloric)

BEVERAGES

Fill up with plenty of fresh, filtered water! Steer clear of sodas and other sugar sweetened beverages. Even 100% fruit juice should be consumed minimally. Consume alcohol in moderation.

Filtered or sparkling water (Go bottle free and filter at home!)
Kombucha
Coffee
Green & Herbal Teas
100% natural fruit/vegetable juices (sparingly)

Alcohol: Men should consume no more than 2 standard drinks daily; Women no more than 1/day.