

Nutrition Truth Shopping List

The Altman Rule: g fiber + g protein > g sugar
3 g fiber or more per serving

Vegetables

- | | | |
|---|---|------------------------------------|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Chard | <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Chives | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Snow peas |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Kale | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Lettuce (Romaine/Spring mix) | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Onions (red, yellow, white) | |
| <input type="checkbox"/> Celery | | |

Fruits

- | | | |
|---------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Grapes | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Lemons/Limes | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Mangos | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Melons | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Dates/Figs | <input type="checkbox"/> Oranges | <input type="checkbox"/> Watermelon |

Grains

- | | | |
|--|--|---|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Brown Rice | ◆ <i>Trader Joe's Frozen Rice Medley w/ Brown & Red Rice and Black Barley</i> |
| <input type="checkbox"/> Barley | ◆ <i>Bob's Red Mill Brown & Wild Rice Mix</i> | ◆ <i>Whole Foods 365 Brown Rice</i> |
| ○ <i>Trader's Joe's 10 min product line</i> | ◆ <i>Engine 2 Plant Strong Fiesta Blend Grain Medley</i> | <input type="checkbox"/> Whole Wheat Pasta |
| <input type="checkbox"/> Buckwheat | ◆ <i>Lundberg Black Pearl</i> | ◆ <i>Ancient Harvest Quinoa Pasta</i> |
| <input type="checkbox"/> Eden Buckwheat Soba Noodles | ◆ <i>Near East Wheat Pilaf</i> | ◆ <i>Annie Chun's Maifun Brown Rice Noodles</i> |
| <input type="checkbox"/> Bulgur | ◆ <i>Trader Joe's Brown Rice Medley</i> | ◆ <i>Barilla Plus</i> |
| <input type="checkbox"/> Millet | ◆ <i>Trader Joe's Multigrain Blend with Vegetables</i> | ◆ <i>Delallo whole wheat pasta</i> |
| <input type="checkbox"/> Quinoa | ◆ <i>Trader Joe's Whole Wheat Couscous</i> | ◆ <i>Dreamfields Pasta</i> |
| ◆ <i>Trader Joe's Quinoa Kale Sweet Potato Mix</i> | | ◆ <i>Ezekiel 4:9 Sprouted Whole Grain Pasta</i> |
| ◆ <i>Whole Foods 365 quinoa</i> | | |

Breads

- | | | |
|---|--|---|
| <input type="checkbox"/> <i>Arnold 12 Grain Bread</i> | <input type="checkbox"/> <i>Food for Life Ezekiel English Muffins</i> | <input type="checkbox"/> <i>Mission Multigrain Flour Tortilla</i> |
| <input type="checkbox"/> <i>Food for Life Ezekiel 7 Sprouts Grain Bread</i> | <input type="checkbox"/> <i>Thomas' Light Multigrain English Muffins</i> | <input type="checkbox"/> <i>Pepperidge Farms Whole Wheat Deli Flats</i> |
| <input type="checkbox"/> <i>Iggy's Seven Bread</i> | <input type="checkbox"/> <i>Joseph's Flax, Oat Bran & Whole Wheat Pita Bread</i> | |
| <input type="checkbox"/> <i>Pepperidge Farms German Dark Wheat</i> | <input type="checkbox"/> <i>Flatout 100% Whole Wheat Wraps</i> | |
| <input type="checkbox"/> <i>Trader Joe's Rustic Soft Multigrain Bread</i> | | |

Cereals

- Barbara's High Fiber Medley*
- Cheerios*
- Fiber One Original*
- Kashi Go Lean*
- Old Wessex Limited Organic Creamy Rice Bran*
- Post Spoon Size Shredded Wheat*
- Uncle Sam's Flakes*
- Whole Foods 365 Berry Flax Protein & Fiber Crunch Cereal*
- Bare Naked Granola (Peanut Butter granola, Triple Berry Crunch)*
- Bare Naked Fit (Autumn blend)*
- Nature's Path Granola (Vanilla Almond Flax Plus, Chi Plus Coconut)*
- Oatmeal/Hot Cereal*
 - ◆ *Old Fashioned Rolled Oats*
 - ◆ *Quaker Oats Plain Original Instant Oatmeal*
 - ◆ *Steel Cut Oats*
 - ◆ *Trader Joe's organic multigrain hot cereal*

Proteins

Fish:

- Anchovies
- Bass
- Bluefish
- Canned tuna
- Cod
- Flounder
- Halibut
- Salmon
- Sardines
- Shellfish
- Shrimp
- Sole
- Tuna

Poultry:

- Chicken Breast
- Turkey Breast
- Ground Turkey/Chicken breast, lean white meat
- Eggs (Omega-3)
- Egg Whites

Vegetarian:

- Tofu
- Tempeh

Legumes:

- Black beans
- Black-eyed peas
- Chickpeas

- Edamame
- Fava beans
- Humus
- Kidney beans
- Lentils
 - ◆ *Trader Joe's Melodious Blend*
- Mung beans
- Navy beans
- Red beans
- Spit peas
- White beans

Dairy

Milks:

- Skim Milk/1% milk
- Almond Milk
 - ◆ *Almond Breeze Original Unsweetened Almond Milk*
 - ◆ *Silk Unsweetened Original Almond Milk*
- Soy Milk
 - ◆ *Eden Foods Original Soy Milk*
 - ◆ *Silk Original Soy Milk*
- Coconut Milk

- ◆ *Almond Breeze Original Unsweetened Coconut Milk*

Yogurts/Cottage Cheese:

- Greek Yogurt Plain
 - ◆ *Chobani, Fage, Market Basket, Oikos, Trader Joe's, Whole Foods 365*
- Plain Yogurt
 - ◆ *Dannon, Stonyfield Farms, Yoplait*
- Kefir Plain

- ◆ *Green Valley, Lifeway*
- Low Fat Cottage Cheese

Cheese:

- Cheddar
- Feta
- Gorgonzola
- Part Skim Mozzarella
- Part Skim Ricotta
- Parmesan
- Vegan Cheese Daiya

Nuts/Seeds

- Almonds
- Almond Butter (all natural - almonds, salt)
- Cashews
- Chi seeds
- Flax seed
- Hazelnuts
- ◆ *Tierra Farms Chocolate Hazelnut Butter*
- Pecans
- Peanuts
- Peanut Butter (all natural peanuts/salt)
- ◆ *Teddy's All Natural Peanut Butter*
- Pistachios
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts

Snack Foods

Crackers:

- Ak Mack* Crackers
- Back to Nature* Harvest Whole Wheat Crackers
- Finn Crisp* Crispbread with Caraway
- Kashi* Crackers-Original, Seven Grain
- Mary's Gone* Crackers
- Natural Nectar* Cracklebred Multigrain Crackers

Chips:

- Beanitos* all flavors
- Garden of Eden* Baked Blue Chips
- Kashi* Original 7 Grain with Sea Salt Pita Crisps
- Trader Joe's* Reduced Guilt Multigrain Pita Chips with Sesame Seeds
- Whole Foods 365* Everyday Value Pita Chips - Whole Wheat with Flax & Onion

- Wild Rice Works* Sea Salt Black Sesame Chips
- ### Popcorn & Pretzels:
- Popcorn Indiana* - Fit Popcorn (Sea Salt, Extra Virgin Olive Oil, Parmesan and Herb, Real Butter)
 - Quinn* Popcorn
 - Snyders of Hanover* Organic 8 Grain Seed Pretzels

Protein Bars

(CAREFUL! Different flavors of the same bar may have different nutrition facts)

- Balance Bar*
 - ◆ *Gold*: Lemon Meringue Crunch, S'mores
 - ◆ *Bare*: Chocolate Almond, Peanut Butter, Blueberry Acai)
- Kashi* Chocolate Almond & Sea Salt
- Kashi* Go Lean Crisp Chocolate Peanut
- Kind* Protein Plus
 - ◆ *Peanut Butter and Dark Chocolate*
- Luna* Protein
 - ◆ Chocolate Peanut Butter, Chocolate, Cookie Dough, Mint Chocolate Chip
- Nature Valley*
 - ◆ *Salted Caramel Nut Protein Bars, Greek Yogurt Protein Bars*

Herbs & Spices

- Allspice
- Anise
- Bay leaf
- Basil
- Black pepper
- Cayenne pepper
- Celery seed
- Chives
- Chili powder
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Dill
- Fennel
- Garlic
- Lavender
- Lemongrass
- Marjoram
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Poppy seed
- Red pepper
- Rosemary
- Saffron
- Sage
- Spearmint
- Tarragon
- Thyme
- Turmeric
- Vanilla

Soups

- Amy's* Lentil Soup
- Amy's* Organic Medium Chili with Vegetables
- Imagine Organic* Creamy Sweet Pea Soup

Frozen Meals & Sides

- Amy's* Black Bean Vegetable Burrito
- Trader Joe's* Thai Shrimp Dumplings

Healthy Fats

- Canola Oil
- Grape Seed Oil
- Olive Oil
- Safflower Oil
- Walnut Oil