



Shopping Guide

FRESH VEGETABLES

Green Veggies (mostly)

- Broccoli
- Cauliflower
- Leafy greens
 - kale*
 - chard*
 - mustard greens*
 - spinach*
 - collard greens*
 - asian greens*
- Green beans
- Peas
- Sugar snap peas
- Snow peas
- Zucchini and summer squash
- Lettuce
- Artichokes
- Asparagus
- Cucumbers
- Celery
- Cabbage
- Brussels sprouts
- Okra

Orange and Red Veggies

- Carrots
- Sweet potatoes and yams

- Winter squash
 - acorn*
 - butternut*
 - pumpkin*
- Purple cabbage
- Beets
- Rhubarb

Brown and White Veggies

- Mushrooms
- Parsnips
- Turnips
- Radishes and other roots
- Jicama
- Kohlrabi

Nightshade Veggies (can be troublesome with arthritis)

- Tomatoes
- Eggplant
- Peppers (both sweet and spicy)

Veggies for Flavoring

- Garlic
- Gingerroot
- Fennel

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FRESH VEGETABLES (continued)

__ Fresh herbs

basil

oregano

rosemary

mint

parsley

cilantro

thyme

__ Leeks

__ Onions

Vegetable Starches (to be eaten in moderation)

__ White potatoes (this is also a nightshade)

__ Corn

__ Taro

__ Plantain (actually a fruit!)

DAIRY OR DAIRY SUBSTITUTES

__ Organic milk

__ Yogurt

__ Kefir

__ Cottage cheese

__ Organic cheeses (to be eaten in moderation)

__ Organic half-and-half (if your cholesterol is good)

DAIRY-FREE PRODUCTS

__ Nondairy milks (almond, coconut, soy, oat, hemp, rice, hazelnut, cashew)

__ Nondairy yogurts (almond, coconut, soy)

__ Nondairy cheeses (soy, rice, almond)

FRESH FRUIT

__ Citrus

oranges

lemons

grapefruit

tangerines

pomelos

__ Apples

__ Asian pears

__ Pears

__ Berries

strawberries

blueberries

raspberries

blackberries

olallieberries

acai

gogi

__ Peaches

__ Plums

__ Apricots

__ Nectarines

__ Cherries

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TROPICAL FRUITS

- Pineapples
- Bananas
- Mangoes
- Papayas
- Passion fruit
- Guava
- Starfruit
- Melons
 - canary*
 - cantaloupe*
 - honeydew*
 - watermelon*

- Persimmons
- Figs
- Kiwifruits
- Grapes
- Pomegranates

Fruits with Healthy Fats

- Avocados
- Olives
- Coconuts (can be troublesome with arthritis)

OILS

- Olive oil
- Cold-pressed canola oil
- Coconut oil
- Sesame oil (for flavoring)

Nut Oils (for salads and cooking)

- Almond
- Hazelnut

Omega-3 Oils (to be used cold)

- Flaxseed oil
- Hemp oil

SPICES/BAKING ITEMS

- Bay leaves
- Cardamom
- Cayenne pepper
- Cinnamon
- Cloves
- Coriander
- Cumin
- Fennel
- Garlic
- Ginger
- Nutmeg
- Oregano
- Paprika

- Black Pepper
- White Pepper
- Rosemary
- Saffron
- Sage
- Smoked paprika
- Turmeric
- Thyme

Classic Spice Mixes

- Herbs de Provence
- Chili powder
- Chinese five-spice powder

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SPICES/BAKING ITEMS (continued)

Classic Spice Mixes continued

- Curry powder
- Garam masala
- Old bay seasoning
- Pumpkin pie mix
- Ras el hanout
- Za'atar seasoning blend

VINEGARS

- Apple-cider
- Balsamic (both regular and white)
- Champagne
- Malt
- Rice
- White (grain)

CANNED/BOXED ITEMS (Be sure cans are BPA-free)

- Canned beans
- Tomato sauce
- Pickles without sugar
- Coconut milk
- Healthy soups
- Soup stocks
- Kale or other vegetable “chips” (not fried)
- Seaweed snacks
- Nut butters (almond, peanut, cashew, etc.)
- Fruit-sweetened jams
- Salsa
- “Baked” chips (in limited quantity)

GRAINS

- Whole-grain wheat, rye, or oat breads
- Whole-grain wheat, rye, or oat crackers
- Bulgur
- Farro
- Barley
- Whole-grain pasta
- Whole-grain hot and cold cereals (without sugar)

GLUTEN-FREE

- Gluten-free breads and crackers
- Oats
- Brown rice
- Corn tortillas or pasta
- Polenta or other cornmeal
- Popcorn (not microwave)
- Quinoa, millet, and amaranth

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VEGETABLE PROTEINS AND DIPS

- Soy
 - tofu (non-GMO)*
 - tempeh*
 - miso burgers (organic)*
 - edamame*
 - hummus*

- Annie's dairyless spread
- Muhammara (hot pepper dip)
- Seitan (wheat gluten)
- Edamame dips

FROZEN FOODS

- Vegetables

- Fruits

HEALTHY PACKAGED FOODS THAT MEET BODYWISE CRITERIA (CHECK THE LABEL)

Treats

- Organic dark chocolate
- Sugar-free chocolate sweetened with stevia, erythritol, or both
- Dairy-free coconut-based ice creams sweetened with Agave
- "Puddings" made from avocado or silken tofu with raw cacao and sweeteners
- Whole-grain baked goods with natural sweeteners (in small quantities)
- Whole-grain gluten-free baked goods with natural sweeteners (in small quantities)

Bulk Items

- Nuts
 - almonds*
 - Brazil nuts*
 - cashews*
 - hazelnuts*
 - macadamia nuts*
 - peanuts*
 - pecans*
 - pine nuts*
 - pistachios*

walnuts

- Dried fruit
- Grains
- Whole-grain flours
- Whole-grain mixes (pancakes, muffins, etc.)
- Beans
 - black chickpeas (garbanzo)*
 - navy*
 - pinto*
 - soy*
 - white*
- Raw cacao powder (chocolate)
- Almond meal

Condiments

- Ketchup (agave sweetened, if possible)
- Mustards
- Hot sauce
- Bragg's Liquid Aminos
- Soy sauce
- Nutritional yeast (brewer's yeast)
- Fish sauce
- Rice wine

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MEAT, FISH, AND EGGS

- Organic sliced meats (without nitrates)
- Turkey
- Chicken
- Sausages
- Limited pork
- Organic chicken, pork, or grass-fed beef or bison
- Sustainable fish on the low-mercury list (tilapia, Pacific wild salmon, etc.)
- Canned Pacific sardines or salmon (no tuna)
- Organic eggs

DRINKS

- Teas (with decreasing levels of caffeine)
 - black*
 - green (including matcha)*
 - oolong*
 - white*
- Coffee (be sure decaf is water processed)
- Yerba mate (Brazilian herbal caffeinated beverage)
- Herbal teas
- Sparkling waters
- Coconut kefir
- Kombucha

