

Healthy diet: grocery guide

The following list includes whole foods that can support your health goals. Select a variety of these nutrient-dense foods based on your personal preferences, cultural traditions, and food budget. This list can be printed and used as a resource when shopping.

Fruit

- Apples
- Apricots
- Avocados
- Bell peppers
- Blueberries
- Cantaloupe
- Casaba melons
- Cherries
- Goji berries
- Grapefruit
- Grapes
- Guava
- Kiwi
- Lemon
- Nectarines
- Orange
- Pears, Asian pears
- Papaya
- Persimmons
- Plums
- Pomelos
- Raspberries
- Soursop
- Strawberries
- Tomatillos
- Tomatoes

Herbs and spices (fresh or dried)

- Anise
- Basil
- Black pepper
- Caraway
- Cayenne pepper
- Cinnamon
- Clove
- Cumin
- Fenugreek
- Garlic
- Ginger
- Mint
- Oregano
- Peppermint
- Rosemary
- Sage
- Thyme
- Turmeric

Vegetables

- Artichoke
- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Burdock root
- Cabbage
- Carrots
- Cassava
- Cauliflower
- Chayote
- Celery
- Chard
- Collards
- Cucumber
- Eggplant
- Endives
- Fennel
- Garlic
- Green beans
- Kale
- Leek
- Mustard greens
- Okra
- Onion
- Oyster mushrooms
- Parsnips
- Peas
- Plantains
- Potatoes
- Pumpkin
- Radishes
- Rhubarb
- Seaweed (e.g., kelp, kombu, nori)
- Shiitake mushrooms
- Spinach
- Squash
- Sweet potatoes
- Turnips, turnip greens
- Water chestnuts
- Watercress
- White button mushrooms
- Yams
- Zucchini

Grains, pseudograins, and flours

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

Animal proteins

- Beef, beef liver
- Chicken
- Duck
- Eggs
- Crab
- Goat
- Herring
- Lamb
- Lobster
- Mackerel
- Organ meats (e.g., kidneys, liver, tripe)
- Oyster
- Pork
- Salmon
- Sardines
- Shrimp
- Swordfish
- Tuna
- Trout

Beans and legumes

- Adzuki beans
- Black beans
- Black-eyed peas
- Fava beans
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Peanuts
- Pinto beans
- Soybeans
- Split peas
- Tofu

Dairy

- Butter
- Ghee (clarified butter)
- Kefir
- Milk
- Yogurt

Nuts and seeds

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseeds
- Hazelnuts
- Macadamia nuts
- Pumpkin seeds
- Sunflower seeds
- Walnuts
- Nut and seed butters (e.g., almond butter, tahini)

Oils & fats

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

Sweeteners

- Coconut sugar
- Honey (raw/unpasteurized)
- Monk fruit (lakanto)
- Pure maple syrup
- Purified stevia extract
- Stevia

Teas

- Chamomile
- Dandelion root
- Ginger
- Green tea
- Lavender
- Nettle
- Oolong tea
- Peppermint
- Rooibos
- Thistle
- Turmeric
- White tea



Fermented foods

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

Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- White wine vinegar



References

1. Government of Canada. (2021). Canada's food guide: Food guide snapshot. Canada.ca. <https://food-guide.canada.ca/en/food-guide-snapshot/>
2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. (2020). Dietary Guidelines for Americans 2020-2025. https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf



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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.
*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

Updated: September 2021