

## +GOOD FOODS LIST

Dr. Daniel Amen's wife, Tana, simplifies the science behind eating healthy by giving us good foods to add to your grocery shopping list. Along with this list, the doctors recommend selecting "organic" choices.

### VEGETABLES

- › asparagus
- › avocado
- › bell pepper, red
- › bell pepper, yellow or orange
- › bok choy
- › broccoli
- › brussels sprouts
- › cabbage
- › carrots
- › celery
- › cucumber
- › endive
- › garlic
- › ginger
- › green beans
- › jalapenos
- › kale
- › leeks
- › lettuce, iceberg
- › lettuce, romaine
- › lettuce, mixed greens
- › mushrooms, portabella
- › mushrooms, shitake
- › mushrooms, other
- › onions, green
- › onions, red
- › onions, yellow
- › onions, white
- › parsnips
- › potatoes, new
- › potatoes, russet
- › potatoes, white
- › radishes
- › shallots
- › snow peas
- › spinach leaves, baby
- › squash, green
- › squash, summer
- › squash, spaghetti
- › squash, yellow
- › squash, other
- › tomatoes
- › tomatoes, cherry or grape
- › yams or sweet potatoes
- › zucchini

### FRUIT

- › apples, red
- › apples, green
- › bananas
- › blueberries, fresh
- › cantaloupe
- › cherries
- › coconut
- › grapefruit
- › grapes, green
- › grapes, red
- › lemon
- › lime
- › mango
- › oranges
- › papaya
- › peaches
- › pears
- › pineapple
- › raspberries
- › strawberries

### FRESH HERBS

- › basil
- › chives
- › cilantro
- › dill
- › marjoram
- › mint
- › oregano
- › parsley
- › rosemary
- › sage
- › thyme

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### BREADS

- sprouted grain bread (sugar free)
- multi grain bread (sugar free)
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- gluten free bread
- whole wheat pita
- whole wheat tortillas (sugar free)
- Ezekiel bread
- Ezekiel pita bread
- Ezekiel tortillas

### CARTON/ CANNED/JARRED FOODS

- artichoke hearts
- beans, black
- beans, kidney
- beans, pinto
- Vegetable Broth, low sodium (in a carton)
- Chicken Broth, low sodium (in a carton)
- capers
- pasta sauce, organic
- tomatoes, whole
- tomatoes, stewed
- tomatoes, crushed
- tomato paste

### PACKAGED FOODS:

#### GRAINS

- Bulgur Wheat
- couscous
- farro
- oats, steel cut
- oats, old fashioned
- pearl barley
- quinoa
- rice, brown
- cereal, organic with low sugar content

### BAKING AISLE

\*Some of the oils may be found in the "specialty" section or may be purchased at a health food store

- baking powder
- baking soda
- bread crumbs, whole wheat
- coconut, raw and organic \*no sugar added
- refined coconut oil
- walnut oil
- almond oil
- extra virgin olive oil
- raw, unfiltered honey
- pure maple syrup, organic
- sesame oil
- real vanilla extract
- real maple extract
- real coconut extract
- oat flour
- rice flour
- soy flour
- spelt flour
- whole wheat flour

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### **NUTS AND SEEDS**

- raw almonds
- raw cashew
- raw walnuts
- raw chia seeds
- raw flax seeds
- raw pumpkin seeds
- raw sunflower seeds

### **PASTA**

- whole wheat spaghetti
- whole wheat penne
- whole wheat fettucini
- gluten free pasta
- risotto
- spinach fettucini

### **LEGUMES**

- black beans
- garbanzo beans
- lentils, green
- lentils, red
- lima beans
- kidney beans
- mung beans
- pinto beans
- split peas, will be found next to beans

### **OTHER**

- Whole wheat crackers
- packaged soup mixes
- taco seasoning
- baked chips, organic
- cookies, sugar free (no artificial sweeteners)

### **SPICES AND SEASONINGS**

- Allspice
- basil
- bay leaves
- black pepper
- cayenne pepper
- chili powder
- cinnamon, ground
- cinnamon sticks
- coriander dried
- cumin, ground
- curry
- Himalayan pink salt
- red chili powder
- ginger, ground
- paprika
- Italian seasoning
- lemon pepper
- nutmeg
- organo
- red pepper flakes
- sea salt
- sesame seeds
- thyme, dried
- turmeric
- white pepper

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### **CONDIMENTS**

- hoisin sauce
- horseradish sauce
- ketchup
- Mayonnaise, low fat
- mustard, yellow
- mustard, dijon
- relish
- salad dressing, balsamic lite
- salad dressing other
- salsa
- soy sauce, lite
- teriyaki sauce
- balsamic vinegar
- Worcestershire sauce

### **REFRIGERATOR CASE**

- Earth Balance- butter substitute
- eggs
- egg substitute
- low fat milk
- soy milk
- soy cream
- rice milk
- low fat yogurt, avoid flavored yogurts that
- have sugar and artificial sweeteners!
- cheese, at your own risk!

## **MEAT AND SEAFOOD**

\*All Meat should be free range, organic, antibiotic free, and hormone free

### **POULTRY**

- chicken Breast
- chicken thighs
- whole chicken
- turkey breast
- whole turkey
- ground turkey

### **SEAFOOD (WILD) - LIMIT SHELLFISH**

- Halibut, steaks or fillets
- Salmon fillets or steaks

## **FREEZER CASE**

### **FROZEN FRUIT AND VEGETABLES**

\*Should be Organic

- blackberries
- blueberries
- broccoli
- cherries
- green beans
- mixed vegetables
- peas
- raspberries
- strawberries

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### **SPECIALTY ITEMS AND MISCELLANEOUS**

\*These Items will usually be found in the gourmet or health food section. Some may need to be purchased in a health food store.

- Almond milk
- rice milk
- hemp milk
- Herbal Tea
- Green Tea
- Cocoa nibs, raw
- Cocoa powder, raw
- coconut water
- carob chips, use sparingly in recipes!
- dried figs
- dried fruit, eat sparingly!
- hemp seeds (no, they won't make you high)
- spelt flour
- pure maple syrup, organic
- honey, raw and unfiltered
- chia seeds
- flax seed oil
- Spirulina
- Stevia
- Chlorella
- Vega brand protein powder (or some other sugar free protein powder)
- Trail mix (Raw) No sugar, no high fructose corn syrup or sulfur dioxide added
- Protein Bars
- Tamari sauce
- Tofutti- "Better than cream Cheese"
- "Parma," vegan parmesan cheese by "Eat In The Raw"
- Vegannaise, mayonnaise substitute