# Dietitian-Recommended Grocery List

## Vegetables
- Leafy greens: spinach, kale and lettuce
- Cruciferous veggies: broccoli, Brussels sprouts and cauliflower
- Starchy veggies: white and sweet potatoes, squash, corn and parsnips
- Non-starchy veggies: artichokes, peppers, mushrooms, eggplant and zucchini

## Meat and Seafood
- Grass-fed beef
- Poultry: chicken and turkey
- Fatty fish: salmon, herring, anchovies, mackerel and sardines
- Lean fish: trout, canned light tuna, tuna steaks, cod, flounder and halibut

## Fruits
- Berries: strawberries, blueberries, raspberries, blackberries and unsweetened cranberries
- Stone fruits: peaches, plums, nectarines, apricots and cherries
- Citrus fruits: grapefruit, oranges and lemons
- Melons: cantaloupe, watermelon and honeydew
- Apples
- Pears
- Pomegranates
- Grapes
- Bananas
- Pineapple
- Avocado

## Nuts, Seeds and Legumes
- Almonds
- Hazelnuts
- Pistachios
- Walnuts
- Peanuts
- Sunflower seeds
- Quinoa (fun fact: quinoa is a seed)
- Beans
- Lentils
- Chickpeas
- Peas
- Organic soybeans

## Whole Grains
- Steel-cut oats
- Sprouted whole-grain bread
- Brown rice
- Amaranth
- Teff
- Farro
- Buckwheat
- Barley
- Millet

## Healthy Oils
- Extra-virgin olive oil
- Avocado oil
- Canola oil

## Dairy and Eggs
- Low-fat unsweetened Greek yogurt and Icelandic-style skyr
- Low-fat dairy milk or plant-based milk
- Kefir
- Cheese: cottage cheese, goat cheese, feta cheese, part-skim mozzarella
- Grass-fed ghee and butter
- Pasture-raised eggs