



Healthy Shopping List

VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Chard / Swiss chard
- Chives / Scallions
- Collard greens
- Cucumber
- Endive / Escarole
- Fennel
- Garlic / Shallots
- Green beans
- Heirloom tomatoes
- Herbs (cilantro, parsley, etc)
- Kale
- Leeks
- Lettuce (all types)
- Microgreens / Sprouts
- Mushrooms
- Mustard greens
- Onion
- Peppers (all types)
- Radish
- Sea vegetables
- Snap peas / Snow peas
- Spinach
- Sprouts
- Turnips
- Water chestnuts
- Watercress
- Zucchini

FRUIT

LOWER GLYCEMIC (0-54)

- Blackberries
- Blueberries
- Cherries
- Green apple
- Kiwi
- Oranges
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries

MODERATE GLYCEMIC (55-69)

- Apples
- Banana (borderline)
- Figs
- Grapefruit
- Mango
- Papaya (non-GMO)
- Pineapple

HIGHER GLYCEMIC (70+)

- Dates
- Watermelon

IHP Quick Tip

** The GI Scale differs depending on the source of food and the amount of fruit that is consumed. It is best to focus on eating the lower GI fruits, while still being conservative with the amount of moderate and high GI foods you consume.*

GI = Glycemic Index



PROTEIN

ANIMAL

(pastured, grass-fed)

- Beef
- Buffalo
- Chicken
- Duck
- Eggs
- Game meat
- Lamb
- Organ meat
- Turkey

FISH

(wild, low mercury)

- Anchovies
- Cod
- Haddock
- Mackerel
- Salmon
- Sardines
- Sea bass
- Shrimp
- Trout

VEGAN

- Beans of all types
(not canned baked beans)
- Chickpeas
- Hemp hearts
- Lentils
- Tofu (organic, non-GMO sprouted)
(1-2x a week if non estrogen dominant)
- Quinoa
- Rice / Pea protein powder
- Split mung beans
- Sprouts

GLUTEN FREE STARCHES

ROOT VEGETABLES

- Beets
- Carrots
- Jicama
- Parsnips
- Plantains
- Potatoes (all colors)
- Squashes
- Taro
- Yams
- Yucca

GLUTEN-FREE GRAINS

- Amaranth
- Buckwheat
- Millet
- Oats
- Quinoa
- Rice

OILS & FATS

- Avocado
- Coconut
(contains forms of saturated fat)
- Nuts
- Olives
- Seeds

If using oils such as coconut and olive oil, make sure to get 100% organic, extra-virgin, first-pressed and cold-pressed to ensure it is top quality without additives.

Document credit: IHP, LLC