

# EAT TO BEAT DISEASE

## SHOPPING GUIDE

### PRODUCE:

#### Fruits



apples



apricot



mangoes



blackberries



strawberries



oranges



peaches



kiwi



blueberries



pomegranate



grapefruit



plums



grapes



raspberries

#### Vegetables



arugula



swiss chard



asparagus



celery



purple potatoes



spinach



collard greens



cauliflower



onions



white button mushrooms



red-leaf lettuce



cabbage



broccoli



green beans



shiitake mushrooms



kale



radicchio



broccoli rabe



tomatoes



chile peppers



mustard greens



endive



carrots



turnips

#### Fresh Spices & Herbs



basil



oregano



rosemary



thyme



marjoram



peppermint



sage



turmeric

## SEAFOOD:



salmon



bluefish



mackerel



arctic char



oysters



tuna



halibut



sea bass



rainbow trout



clams

## MEAT & DAIRY:



Chicken (dark meat)  
*drumstick, thigh, wings*



edam cheese



muenster cheese



Yogurt



gouda cheese



Parmigiano-Reggiano

## BEVERAGES:



coffee



chamomile tea



jasmine tea



mixed berry juice



red wine



black tea



green tea



cloudy apple  
cider



orange juice



beer



pomegranate juice

## BAKERY & SWEETS:



sourdough bread



pumpernickel bread



dark chocolate

## AISLES:

### *Nuts & Seeds*



### *Dried Spices & Herbs*



### *Tinned & Bottled*

