

shopping list

For the World's Healthiest Foods

Copy and carry with you
when you go shopping or
use to plan your meals.

* Numbers indicate nutrient-richness

VEGETABLES AND SALADS	FRUITS (con't)	BEANS AND LEGUMES
<input type="checkbox"/> Spinach 65	<input type="checkbox"/> Papaya 11	<input type="checkbox"/> Lentils 20
<input type="checkbox"/> Swiss Chard 55	<input type="checkbox"/> Watermelon 11	<input type="checkbox"/> Soybeans 20
<input type="checkbox"/> Crimini Mushrooms 47	<input type="checkbox"/> Apricots 9	<input type="checkbox"/> Kidney Beans / Pinto Beans 19
<input type="checkbox"/> Asparagus 43	<input type="checkbox"/> Grapefruit 8	<input type="checkbox"/> Lima Beans 18
<input type="checkbox"/> Broccoli 40	<input type="checkbox"/> Grapes / Raisins 8	<input type="checkbox"/> Black Beans / Navy Beans 16
<input type="checkbox"/> Romaine Lettuce/Salads 40	<input type="checkbox"/> Blueberries 7	<input type="checkbox"/> Garbanzo Beans (Chickpeas) 16
<input type="checkbox"/> Collard Greens 38	<input type="checkbox"/> Cranberries 7	<input type="checkbox"/> Tofu 16
<input type="checkbox"/> Kale / Mustard Greens 34	<input type="checkbox"/> Bananas 6	<input type="checkbox"/> Dried Peas 14
<input type="checkbox"/> Tomatoes 34	<input type="checkbox"/> Plums / Prunes 6	
<input type="checkbox"/> Brussels Sprouts 33	<input type="checkbox"/> Lemons and Limes 4	DAIRY AND EGGS
<input type="checkbox"/> Green Beans 33	<input type="checkbox"/> Apples 3	<input type="checkbox"/> Eggs 18
<input type="checkbox"/> Squash, Summer (Zucchini) 32	<input type="checkbox"/> Figs 3	<input type="checkbox"/> Cow's Milk, Low-Fat 17
<input type="checkbox"/> Bell Peppers 29	<input type="checkbox"/> Pears 3	<input type="checkbox"/> Yogurt 15
<input type="checkbox"/> Cauliflower 29		<input type="checkbox"/> Cheese, Low-Fat 9
<input type="checkbox"/> Fennel 25	FISH AND SHELLFISH	<input type="checkbox"/> Goat's Milk 8
<input type="checkbox"/> Green Peas 24	<input type="checkbox"/> Tuna 24	
<input type="checkbox"/> Cabbage 22	<input type="checkbox"/> Shrimp 23	GRAINS
<input type="checkbox"/> Carrots 22	<input type="checkbox"/> Salmon 21	<input type="checkbox"/> Oats 12
<input type="checkbox"/> Squash, Winter 20	<input type="checkbox"/> Cod 21	<input type="checkbox"/> Rye 10
<input type="checkbox"/> Beets / Beet Greens 15	<input type="checkbox"/> Sardines 20	<input type="checkbox"/> Quinoa 7
<input type="checkbox"/> Eggplant 15	<input type="checkbox"/> Scallops 14	<input type="checkbox"/> Rice, Brown 7
<input type="checkbox"/> Garlic 15		<input type="checkbox"/> Whole Wheat 7
<input type="checkbox"/> Onions / Leeks 14	NUTS AND SEEDS	<input type="checkbox"/> Buckwheat 5
<input type="checkbox"/> Sweet Potatoes 13	<input type="checkbox"/> Sunflower Seeds 18	
<input type="checkbox"/> Cucumber 11	<input type="checkbox"/> Flaxseeds 13	HERBS AND SPICES
<input type="checkbox"/> Potatoes 8	<input type="checkbox"/> Sesame Seeds 12	<input type="checkbox"/> Parsley 21
<input type="checkbox"/> Avocados 7	<input type="checkbox"/> Pumpkin Seeds 11	<input type="checkbox"/> Mustard Seeds 15
<input type="checkbox"/> Corn 7	<input type="checkbox"/> Walnuts 8	<input type="checkbox"/> Basil 11
<input type="checkbox"/> Sea Vegetables 7	<input type="checkbox"/> Almonds 7	<input type="checkbox"/> Turmeric 11
<input type="checkbox"/> Shiitake Mushrooms 5	<input type="checkbox"/> Peanuts 6	<input type="checkbox"/> Cinnamon 10
<input type="checkbox"/> Olives / Olive Oil 4	<input type="checkbox"/> Cashews 5	<input type="checkbox"/> Cayenne/Red Chili Peppers 8
		<input type="checkbox"/> Black Pepper 7
FRUITS	POULTRY AND LEAN MEATS	<input type="checkbox"/> Ginger 5
<input type="checkbox"/> Strawberries 24	<input type="checkbox"/> Calf's Liver 41	<input type="checkbox"/> Dill 4
<input type="checkbox"/> Raspberries 18	<input type="checkbox"/> Beef, Grass-Fed 15	<input type="checkbox"/> Cilantro 3
<input type="checkbox"/> Cantaloupe 14	<input type="checkbox"/> Venison 14	<input type="checkbox"/> Rosemary 3
<input type="checkbox"/> Pineapple 12	<input type="checkbox"/> Lamb 12	<input type="checkbox"/> Others: _____
<input type="checkbox"/> Kiwifruit 11	<input type="checkbox"/> Chicken 11	_____
<input type="checkbox"/> Oranges 11	<input type="checkbox"/> Turkey 11	_____

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For Buying Best Fish and Shellfish

WILD FISH & SHELLFISH SEVERAL MEALS PER WEEK	MERCURY LEVEL (PPM)	OMEGA-3 FATTY ACIDS PER 6-OZ SERVING	ENVIRONMENTAL IMPACT/ SUSTAINABILITY RATINGS
<input type="checkbox"/> †Salmon, king	Very Low	3.1 g High	Best Choice
<input type="checkbox"/> †Salmon, sockeye	Very Low	2.4 g High	Best Choice
<input type="checkbox"/> †Salmon, coho	Very Low	1.8 g Medium	Best Choice
<input type="checkbox"/> †Salmon, pink, canned, wild	Very Low	2.8 g High	Best Choice
<input type="checkbox"/> †Salmon, king, smoked	Very Low	0.8 g Low	Best Choice
<input type="checkbox"/> Flounder, Pacific	Very Low	0.9 g Low	Good Alt.**
<input type="checkbox"/> Sole, Pacific	Very Low	0.9 g Low	Good Alt.*
<input type="checkbox"/> Sardines, canned	Very Low	1.6 g Medium	Best Choice
<input type="checkbox"/> Anchovies	Very Low	2.4 g High	Best Choice
<input type="checkbox"/> Squid (calamari)	Very Low	1.0 g Medium	Good Alt.*
<input type="checkbox"/> Shrimp (domestic)	Very Low	0.6 g Low	Good Alt.*
<input type="checkbox"/> Scallops (except from U.S. Mid-Atlantic)	Very Low	0.6 g Low	Good Alt.*
<input type="checkbox"/> Oysters	Very Low	0.6 g Low	Good Alt.*

FARM RAISED FISH & SHELLFISH SEVERAL MEALS PER WEEK	MERCURY LEVEL (PPM)	OMEGA-3 FATTY ACIDS PER 6-OZ SERVING	ENVIRONMENTAL IMPACT/ SUSTAINABILITY RATINGS
<input type="checkbox"/> Striped bass	Very Low	1.4 g Medium	Best Choice
<input type="checkbox"/> Rainbow trout	Very Low	2.0 g Medium	Best Choice
<input type="checkbox"/> Char (small salmon)	Very Low	2.0 g Medium	N/A
<input type="checkbox"/> Shrimp (domestic)	Very Low	0.6 g Low	Good Alt.*
<input type="checkbox"/> Catfish (domestic)	Very Low	0.6 g Low	Best Choice
<input type="checkbox"/> Crayfish (domestic)	Very Low	0.2 g Very Low	N/A
<input type="checkbox"/> Tilapia	Very Low	1.8 g Medium	Best Choice
<input type="checkbox"/> Scallops	Very Low	0.6 g Low	N/A
<input type="checkbox"/> Oysters	Very Low	0.6 g Low	Best Choice
<input type="checkbox"/> Clams	Very Low	0.4 g Low	Best Choice
<input type="checkbox"/> Mussels	Very Low	1.4 g Medium	Best Choice

*Good Alternative

FISH & SHELLFISH ONE MEAL PER WEEK	MERCURY LEVEL (PPM)	OMEGA-3 FATTY ACIDS PER 6-OZ SERVING	ENVIRONMENTAL IMPACT/ SUSTAINABILITY RATINGS
<input type="checkbox"/> Tuna (canned light)	Low	0.2 g Very Low	Good Alt.*
<input type="checkbox"/> Mahi mahi	Low	0.2 g Very Low	Good Alt.*
<input type="checkbox"/> Cod, Atlantic	Low	0.4 g Low	Avoid
<input type="checkbox"/> Cod, Pacific	Low	0.4 g Low	Good Alt.*
<input type="checkbox"/> Haddock	Low	0.4 g Low	Good Alt.*
<input type="checkbox"/> Herring	Low	3.4 g High	Best Choice
<input type="checkbox"/> Crabs, Dungeness	Low	0.6 g Low	Best Choice
<input type="checkbox"/> Lobsters (spiny and rock)	Low	0.2 g Very Low	Best Choice
<input type="checkbox"/> Whitefish	Low	2.8 g High	N/A
<input type="checkbox"/> Crab, Alaskan king	Low	0.8 g Low	Good Alt.*
<input type="checkbox"/> Pollack	Low	1.0 g Medium	N/A
<input type="checkbox"/> Mackerel, canned (except king mackerel)	Low	2.2 g High	Best Choice

FISH & SHELLFISH ONE MEAL PER MONTH	MERCURY LEVEL (PPM)	OMEGA-3 FATTY ACIDS PER 6-OZ SERVING	ENVIRONMENTAL IMPACT/ SUSTAINABILITY RATINGS
<input type="checkbox"/> Halibut, Pacific	Medium	0.8 g Low	Best Choice
<input type="checkbox"/> Halibut, Atlantic	Medium	0.8 g Low	Avoid
<input type="checkbox"/> Sea Bass, wild	Medium	1.2 g Medium	N/A
<input type="checkbox"/> Grouper, wild	Medium	1.2 g Medium	Good Alt.*
<input type="checkbox"/> Tuna, albacore/ yellowfin, troll/ pole caught	Medium	0.8 g Low	Best Choice
<input type="checkbox"/> Bluefish	Medium	1.6 g Medium	Good Alt.*
<input type="checkbox"/> Lobster, Maine	Medium	0.2 g Very Low	Good Alt.*

AVOID – ONE MEAL ON VERY RARE OCCASION (AVOID IF PREGNANT)	MERCURY LEVEL (PPM)	OMEGA-3 FATTY ACIDS PER 6-OZ SERVING	ENVIRONMENTAL IMPACT/ SUSTAINABILITY RATINGS
Swordfish	High	1.4 g Medium	Good Alt.*
Tilefish	High	2.0 g Medium	Good Alt.*
Marlin	High	N/A	Good Alt.*
Shark (domestic)	High	0.8 g Low	Avoid
Tuna, bluefin	High	2.6 g High	Avoid
King Mackerel, ono or wahoo	High	0.6 g Low	Best Choice

Wild Fish & Shellfish To Avoid/Not Sustainable/Overfished

Chilean Sea Bass and Orange Roughy	Overfished. Fish like Chilean sea bass and orange roughy live over 100 years, mature very slowly and will not reproduce until they are approximately 30 years of age.
Pacific Snapper (Pacific rock cod, rock fish, red snapper)	Overfished. Snapper matures very slowly and will not reproduce until approximately 20 years of age.
Monkfish – wild	Overfished
Catfish – wild	Overfished
King Crab – wild	Overfished
Caviar – wild	Overfished
Flounder, Atlantic – wild	Overfished
Sturgeon – wild	Overfished