



Shopping List For World's Healthiest Foods

Source: George Mateljan, author, *The World's Healthiest Foods*, www.whfoods.org

Directions: Copy and carry with you when you go shopping to plan your meals. Numbers indicate nutrient-richness.

VEGETABLES AND SALADS

Spinach, 65	Green Peas, 24
Swiss Chad, 55	Cabbage, 22
Crimini Mushrooms, 47	Carrots, 22
Asparagus, 43	Squash, Winter 20
Broccoli, 40	Beets/Beet Greens, 15
Romaine Lettuce/Salads 40	Eggplant, 15
Collard Greens, 38	Garlic, 15
Kale/Mustard Greens, 34	Onions/Leeks, 14
Tomatoes, 34	Sweet Potatoes, 13
Brussels Sprouts, 33	Cucumber, 11
Green Beans, 33	Potatoes, 8
Summer Squash (Zucchini) 32	Avocados, 7
Bell Peppers, 29	Corn, 7
Cauliflower, 29	Sea Vegetables, 7
Fennel, 25	Shitake Mushrooms, 5
	Olives/Olive Oil 4

FRUITS

Strawberries, 24	Papaya, 11
Raspberries, 18	Watermelon, 11
Cantaloupe, 14	Apricots, 9
Pineapple, 12	Grapefruit, 8
Kiwis, 11	Grapes/Raisins 8
Oranges, 11	Blueberries, 7

Cranberries, 7
Bananas, 6
Plums/Prunes, 6
Lemons and Limes, 4

Apples, 3
Figs, 3
Pears, 3

FISH AND SHELLFISH

Tuna, 24
Shrimp, 23
Salmon, 21
Cod, 21
Sardines, 20
Scallops, 14

NUTS AND SEEDS

Sunflower Seeds, 18
Flaxseeds, 13
Sesame Seeds, 12
Pumpkin Seeds, 11
Walnuts, 8
Almonds, 7
Peanuts, 6
Cashews, 5

POULTRY AND LEAN MEATS

Calf's Liver, 41
Beef, Grass-Fed, 15
Venison, 14
Lamb, 12
Chicken, 11
Turkey, 11

BEANS AND LEGUMES

Lentils, 20
Soybeans, 20
Kidney Beans/Pinto Beans, 19
Lima Beans, 18
Black Beans/Navy Beans, 16
Tofu, 16
Dried Peas, 14

DAIRY AND EGGS

Eggs, 18
Cow's Milk, Low-Fat, 17
Yogurt, 15
Goat's Milk, 8

GRAINS

Oats, 12
Rye, 10
Quinoa, 7
Rice, Brown, 7
Whole Wheat, 7
Buckwheat, 5

HERBS AND SPICES

Parsley, 21
Mustard Seeds, 15
Basil, 11
Cinnamon, 10
Cayenne/Chili Peppers, 8
Black Pepper, 7
Ginger, 5
Dill, 5

Cilantro, 3

Rosemary, 3