

# Superfoods Shopping List

So-called “superfoods” alone won’t make you healthier – but adding these nutritious foods to an already balanced diet can bring health benefits. They’re nutrient-dense foods as close to their natural source as possible. Think fresh and colorful.

**Put these foods on your list, in your grocery cart and on your pantry and refrigerator shelves.**



## □ Beans and lentils.

These are economical, plant-based sources of protein. There are many to choose from – black beans, kidney beans, garbanzo beans, pinto, cannelloni, navy beans and lentils in any color.



## □ Fruits and vegetables.

Think color – and lots of it: apples, avocados, bananas, blueberries, kiwi, peaches, raspberries, carrots, spinach, sweet potatoes and everything that looks fresh and brilliant in the produce section.



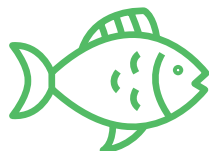
## □ Nuts and seeds.

Make sure they’re raw or dry-roasted and unsalted. One serving is a small handful, or 1.5 ounces. Try almonds, pistachios, pecans, walnuts, peanuts and hazelnuts.



## □ Whole grains.

Try oats, brown rice, quinoa, barley or bulgur. Whole grains are a great source of dietary fiber.



## □ Protein.

Choose poultry and fish more often than red meat. Choose fish high in omega-3 fatty acids such as mackerel, lake trout, herring, sardines, albacore tuna and salmon. If you eat meat, choose lean cuts. They usually contain the words “round,” “loin” or “sirloin” on the package. If you don’t eat meat, consider tofu and low-fat yogurt.



Proud Supporter of Healthy for Good™