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Shopping List:

Whole Grains:

Grains are the seeds of food grasses and other plants. The whole grain includes the bran, the germ, as well as the starchy endosperm, the part that remains in processed grains. The following can simply be cooked, used in a casserole, made into pilaf, cooked or served in soup, made into a salad. They can be the base of a cereal (hot or cold), pancake, bread, cracker, pasta or baked goods. In a prepared product, the best choice is 100% whole grain, with no or very little sugar and if there is oil, no hydrogenated or partially hydrogenated oil.

The following is a listing of grains you, will want to try, if you haven't already: amaranth, barley (whole), buckwheat, corn/polenta, kamut, millet, oats, quinoa, brown rice, rye, spelt, triticale, whole wheat, wild rice. Organic, if possible.

Some examples of ways you can use these grains: barley mushroom soup, kasha (roasted buckwheat groats) pilaf, soba (buckwheat noodles) with stir fried vegetables, brown rice with beans, millet pancakes, brown rice salad, brown rice pudding, your own whole grain breads, oatmeal cookies.

Some examples of grain products you can buy right off the shelf: amaranth cereal, kamut cereal, Irish oatmeal, wheatena, shredded wheat, crispy brown rice cereal, corn and quinoa pasta, soba noodles, udon noodles, spelt pasta, brown rice pilaf, wheat pilaf, taboule, mochi, spelt bread, whole wheat pita bread, whole wheat bread, rice cakes, rice crackers, rye crackers, baked corn chips, frozen whole grain waffles, whole grain pancake mixes .

Vegetables:

Raw, juiced, steamed, stir-fried, baked, roasted, in soup, stew or casserole. Organic, if possible.

Dark green leafies: spinach, collard greens, kale, broccoli, broccoli rabe, swiss chard, bok choy, parsley, beet greens, mustard greens, turnip greens, arugula, watercress, dandelion greens, brussel sprouts, dark lettuce (not iceberg).

Sea vegetables: nori, wakame, arami, kelp, hijiki.

Red and orange vegetables: carrot, sweet potato, yam, beet, winter squash (butternut, buttercup, acorn), red and purple pepper, red cabbage.

Cruciferous vegetables: broccoli, cabbage, cauliflower, brussel sprouts, collard, kale, bok choy

Garlic, onion

Any other vegetables.

Fruit:

Fresh, raw or juiced. Especially those in season. Some limited dried fruit. Organic, if possible.

Prepared juice (organic).

Protein rich foods:

Legumes: peanuts (including peanut butter), soy beans and soy products like tofu and tempeh, lentils, chickpeas and/or hummus, kidney and other beans, bean soups, bean spreads, etc.). Organic, if possible.

Nuts and seeds and their butters (natural almond butter, tahini). Flax seeds are omega-3 rich. Organic, if possible.

Fish (especially Omega-3 rich fish like mackerel, salmon, sardines, herring, bluefish, tuna)

Eggs (organic)

Skinless poultry (organic)

Game meats, organic red meats (beef, lamb, veal, pork)

Calcium rich foods:

Organic, fat-free or low-fat dairy products (milk, yogurt, cheese, ice cream) -cow, goat, sheep

Tofu (calcium enriched)

Soy milk, rice milk and almond milk (calcium enriched)

Canned sardines, mackerel, salmon (canned with, and eat the bone)

Green leafy vegetables, especially collard, kale and bok choy

Almonds, sesame seeds and their butters

Orange juice (calcium enriched)

Oils:

Cold pressed:

Extra virgin olive oil

Canola, sesame, walnut, etc.

Flax seed oil (do not cook or bake with this oil - short shelf life - store in refrigerator and don't keep for longer than three months)

Stay away from any products made from hydrogenated or partially hydrogenated fats or oils

Other:

Miso

Low sodium tamari soy sauce

Balsamic, rice vinegars

Salad dressings (cold pressed oils)

Sweeteners -brown rice syrup, pure maple syrup, unsulfured molasses, sucanat, stevia

Herbs, herbal teas, coffee substitutes