

The “Get Healthy” with Amber Healthy Grocery Shopping Guide

Fruits

- Acai
- Apples
- Apricots
- Avocado
- Blackberries
- Blueberries
- Bananas
- Cantaloupe
- Cherries
- Cranberries
- Currants
- Dates
- Figs
- Goji Berries
- Gooseberries
- Grapefruit
- Grapes
- Guavas
- Huckleberries
- Kiwi
- Kumquat
- Lemons
- Limes
- Loganberries
- Loquats
- Lychee
- Mangoes
- Mulberries
- Nectarines
- Oranges
- Papayas
- Passion Fruit
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Strawberries
- Tangerines

Vegetables

- Arame
- Artichoke
- Asparagus
- Beets
- Bean Sprouts
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Celeriac
- Corn
- Cucumber
- Dulse
- Eggplant
- Fennel
- Garlic
- Ginger
- Green Beans
- Green Peas
- Kelp
- Mushrooms
- Nori
- Onions
- Olives
- Peppers
- Potatoes
- Parsley
- Radish
- Rutabaga
- Shallots
- Snow Peas
- Sugar Snap Peas
- Squash
- Tomatoes
- Wakame
- Zucchini

Leafy Vegetables

- Chicory
- Collards
- Endive
- Escarole
- Lettuce
- Kale
- Mache
- Mustard Greens
- Purslane
- Radicchio
- Spinach
- Spring Mix
- Swiss chard
- Watercress

Grains

- Amaranth
- Barley
- Brown Rice
- Buckwheat
- Corn
- Emmer
- Kamut
- Millet
- Oat
- Quinoa
- Rye
- Sorghum
- Spelt
- Teff
- Versagrain
- Wild Rice

Protein

- Tempeh
- Tofu

NUTS

- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Chestnuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts

SEEDS

- Chia
- Flax
- Pumpkin
- Sesame
- Sunflower

BEANS

- Aduki
- Black Turtle
- Fava
- Garbanzo
- Lentils
- Lima
- Navy
- Pinto
- Soybeans

OTHER (limit)

- Beef
- Chicken
- Eggs
- Fish
- Game
- Ham
- Turkey