

Recommended nutritious grocery list

Vegetables (≥5 per person/day)

- Fresh, colorful vegetables
- Green leafy vegetables
- Frozen vegetables without additives



Beverages

- No need 😊, there is water at home
- You can buy carbonated water, coffee, tea, green tea, herbal infusions



Fruits (≤3 per person/day)

- Fresh, colorful fruits
- Berries
- Frozen fruits without additives



Unsaturated fats

- Olive oil
- Avocado
- Almonds, walnuts/pecans/Brazil nuts (up to 2 a day), hazelnuts
- Flax seeds chia/natural sunflower/pumpkin seeds
- Raw tahini
- Natural peanut butter



Protein

Vegetarian/vegan

- Legumes (dry, frozen): Lentils, dry peas, chickpeas, various beans (white/red/speckled, etc.), Soybeans, red beans, lupine
- Tofu, seitan, dried soy flakes without additives



Dairy products

- Cheese (up to 5% fat content)
- Natural bio yogurt (unsweetened, 1.5-5% fat)
- Milk (1%-3% fat)



Animal sources

- Fresh or frozen fish without additives
- Chicken, chicken breast, turkey, turkey breast
- Tuna in water or olive oil, sardines
- Eggs



Bread and cereal

- Whole grains: Quinoa, buckwheat, oats, basmati rice, bulgur, whole wheat pasta
- Rice noodles, bean noodles, pasta from legume flour
- Starchy vegetables: Sweet potato, corn, potato
- Whole wheat bread without preservatives
- Spelled flour/whole wheat flour/rye flour
- Chestnuts



Spices and herbs

- Crushed tomatoes/tomato paste without additives
- Lemon, vinegar
- Dry spices, e.g., paprika, turmeric, curry, cumin, cinnamon, pepper, nutmeg, thyme, oregano
- Fresh herbs, e.g., coriander, parsley, basil, mint, dill, oregano, thyme (consider growing them in a garden)
- Ginger



**YOUR CHOICES IN THE GROCERY AFFECT
YOUR FAMILY'S CONSUMPTION AND HEALTH!**