

SHOPPING LIST

dam.mad. about **BREAST
CANCER®**

VEGETABLES	FRUITS	WHOLE GRAINS	PLANT-BASED PROTEINS
Acorn squash	Apples	Amaranth	Beans:
Artichokes	Apricots	Barley (whole)	• Black
Arugula	Bananas	Bread *	• Chickpeas
Asparagus	Blackberries	Brown rice	• Kidney
Beets	Blueberries	Buckwheat	• Pinto
Bok choy	Cantaloupe	Bulgur wheat	• White/cannellini
Broccoli	Cherries	Cornmeal/polenta	Lentils & peas:
Broccoli rabe	Clementines	Couscous*	• Split peas
Brussels sprouts	Cranberries	Crackers, whole-grain & seed	• French lentils
Butternut squash	Dates	English muffin*	• Brown lentils
Cabbage	Figs	Farro	Nuts and seeds, raw/unsalted:
Carrots	Grapefruit	Flat bread*	• Almonds
Cauliflower	Grapes	Kamut	• Brazil nuts
Celery	Honeydew	Millet	• Cashews
Collard greens	Kiwi	Oats	• Hazelnuts
Cucumbers	Mangoes	Pasta*	• Peanuts
Corn (starchy veg)	Nectarines	Pita bread*	• Pecans
Daikon	Oranges	Popcorn	• Pine nuts
Dandelion greens	Papayas	Quinoa	• Pistachios
Eggplant	Peaches	Rye	• Pumpkin/pepitas
Endive	Pears	Sorghum	• Sesame
Fennel	Pineapple	Spelt	• Sunflower
Green beans	Plums	Teff	• Walnuts
Green onions	Pomegranates	Tortilla, corn or whole grain	Nut and seed butters:
Green peas (starchy veg)	Raspberries	Triticale	• Almond
Hearts of palm	Strawberries	Wheat berries	• Cashew
Jicama	Watermelon	Wild rice	• Peanut
Kale			• Sesame (tahini)
Kohlrabi			• Sunflower
Leeks			Soy:
Mushrooms			• Edamame
Mustard greens			• Tempeh
Okra			• Tofu
Onions			
Parsnips			
Pea pods			
Peppers, all colors			
Pumpkin			
Potatoes (starchy veg)			
Radishes			
Rhubarb			
Romaine			
Spaghetti squash			
Spinach			
Sweet potato (starchy veg)			
Swiss chard			
Tomatoes			
Grape tomatoes			
Turnips			
Zucchini and yellow squash			

* Choose “whole grain”, “100% whole wheat” or “sprouted” when possible.

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