INTEGRATIVE HEALTH PRACTITIONER

# IHP HEALTHY SHOPPING LIST

## PROTEIN

**ANIMAL**
*(pastured, grass-fed)*
- Chicken
- Turkey
- Duck
- Game meat
- Organ meat
- Eggs
- Lamb
- Buffalo
- Beef

**FISH**
*(wild, low mercury)*
- Salmon
- Trout
- Sea bass
- Sardines
- Anchovies
- Mackerel
- Shrimp
- Cod
- Haddock

**VEGAN**
- Chickpeas
- Beans of all type *(not canned baked beans)*
- Quinoa
- Non-GMO organic sprouted tofu (1-2x a week if non estrogen dominant)
- Lentils
- Split mung beans
- Hemp hearts
- Sprouts
- Rice & pea protein powder

## FAT

- Avocado
- Coconut *(contains forms of saturated fat)*
- Olives
- Seeds
- Nuts

**If using oils such as coconut and olive oil, make sure to get 100% organic, extra-virgin, first and cold pressed to ensure it is top quality without additives.*

## VEGETABLES

- Spinach
- Kale
- Chard
- Romaine
- Mustard greens
- Arugula
- Parsnips
- Heirloom tomatoes
- Cucumber
- Celery
- Bok choy
- Sprouts
- Bamboo shoots
- Endive
- Brussels sprouts
- Turnips
- Snap peas
- Green beans
- Asparagus
- Broccoli
- Cauliflower
- Radish

## GF STARCHES

**ROOT VEGETABLES**
- Yams
- Potatoes (all colors)
- Yucca
- Parsnips
- Taro
- Plantains
- Squashes
- Carrots
- Beets

**Gluten-Free Grains**
- Oats
- Rice
- Quinoa
- Amaranth
- Millet
- Buckwheat

## FRUIT

**LOWER GLYCEMIC**
- Blueberries
- Blackberries
- Raspberries
- Cherries
- Strawberries
- Kiwi
- Green Apple

**MODERATE GLYCEMIC**
- Apples
- Oranges
- Grapefruit

**HIGHER GLYCEMIC**
- Watermelon
- Mangos
- Papaya (non-GMO)
- Pineapple
- Bananas



* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.