### Shopping List

**African Heritage Diet Grocery List**

**Fruits**
*Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.*
- Avocado
- Bananas/Plantains
- Blackberries
- Blueberries
- Cherries
- Dates
- Grapefruit
- Lemons & Limes
- Mangoes
- Oranges
- Papaya
- Peaches
- Pineapples
- Watermelon

**Vegetables & Tubers**
*Fresh veggies are important for weight control and good health. Frozen and low-sodium canned veggies are also good choices.*
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage (Green or Purple)
- Carrots
- Cassava
- Eggplant
- Garlic
- Green Beans
- Okra
- Onions (yellow, red or Vadalia)
- Potatoes
- Pumpkin
- Red / Green Bell Peppers
- Radishes
- Squash
- Sweet Potatoes
- Tomatoes (fresh, canned, pastes)
- Zucchini

**Grains**
*Choose mostly whole grains. These contain the word “whole” as the first ingredient. Ex: “whole wheat.” Some products also have the Whole Grain Stamp on their packages.*
- Barley
- Whole Cornmeal
- Couscous
- Whole Grain Grits
- Millet
- Oats or Oatmeal
- Rice and Wild Rice
- Sorghum
- Teff (grain or flour)
- Whole Wheat Flour
- Whole Wheat Bread

**Beans**
*Beans are a great way to add fiber and protein to meal.*
- Black Beans
- Black-eyed Peas
- Butter Beans
- Chickpeas (Garbanzos)
- Fava Beans (Broad Beans)
- Lima Beans
- Kidney Beans
- Pigeon Peas

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### HERBS AND SPICES
Fresh and dried herbs and spices are a great way to add flavor without adding fat or salt.
- Cayenne Pepper
- Cilantro
- Cinnamon
- Coriander
- Cumin
- Dill
- Ginger
- Mint
- Parsley
- Dried Peppers

### SEAFOOD
Salmon and other oily fish contain healthy Omega-3s. White fish is a great lean protein.
- Catfish
- Clams
- Cod
- Red Snapper
- Salmon
- Sardines
- Scallops
- Tilapia
- Tuna

### HEALTHY OILS, VINEGARS AND SAUCE BASES
Store oils in a cool, dark place to make them last longer.
- Olive Oil (Extra-Virgin)
- Canola Oil
- Unrefined Red Palm Oil
- Coconut Oil (Extra Virgin)
- Sesame Oil
- Apple Cider Vinegar
- Other Favorite Vinegars
- Light Coconut Milk

### EGGS, DAIRY & MEATS
- Eggs
- Low-fat Milk (or Milk Alternatives)
- Yogurt
- Tofu
- Chicken & Poultry
- Fresh Lean Meats

### NUTS AND SEEDS
Both are a great source of protein, fiber, and healthy fats.
- Almonds
- Brazil Nuts
- Cashews
- Peanuts
- Natural Peanut Butter
- Pumpkin Seeds
- Sunflower Seeds

### MISCELLANEOUS
Including other pantry essentials and home goods like cleaning supplies so you don’t forget!
- Low-Sodium Soups
- Sea Salt
- Tea
- Coffee
- Hummus
- Low-Sodium Pickles