



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

LEAFY GREENS

Greens are a staple food of African Heritage. Eat a wide variety, prepared different ways. Cook them lightly to retain valuable nutrition.

- Beet Greens
- Collard Greens
- Dandelion Greens
- Kale
- Lettuce
- Mustard Greens
- Spinach
- Turnip Greens
- Watercress

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 Vadalía)
- 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

EGGS, DAIRY & MEATS

- Eggs
- Low-fat Milk (or Milk Alternatives)
- Yogurt
- Tofu
- Chicken & Poultry
- Fresh Lean Meats

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

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

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

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

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