

SuperFoodDrive® Shopping List



WHOLE GRAINS

- Brown or Wild Rice
- Quinoa or Cous-Cous
- Wheat Berries, Amaranth, Teff
- Steel Cut or Rolled Oats
- Whole Wheat or brown rice pastas
- Whole Grain cereals (where oats, whole wheat or brown rice is the first ingredient and/or the cereal provides at least 5 grams of fiber per serving).

PROTEINS

- Cold Water fish like sardines, tuna or wild salmon packed in water, not oil
- Canned beans, legumes: black beans, garbanzo beans, aduki beans, kidney beans, lentils, etc.
- Nuts and Seeds: pumpkin seeds, sunflower seeds, almonds, walnuts, cashews, etc.
- Nut Butters: natural, non-hydrogenated nut butters such as Almond, Peanut, Macadamia, Tahini, etc.

FRUIT AND VEGETABLES

- Canned fruit and vegetables packed in water vs. syrup; low sodium.
- Dried fruits, preferably with no added sugar: blueberries, prunes, cranberries, apples, mango, etc.
- Canned low sodium soups

HERBS AND SPICES

- Green and white tea
- Herbs and spices (oregano, basil, black pepper, garlic powder, rosemary, thyme, dill, etc) to flavor beans, grains, etc.
- Olive oil, Canola oil, Sesame oil, etc.