



List of all natural groceries:

Carbohydrates

Breads

- Ezekiel Bread (sprouted grains and beans)
- Ener-G breads (most are gluten-free)
- Pacific Bakery spelt white organic bread
- Flour tortillas- any brand (should contain only organic flour, water, salt and yeast)
- Whole Foods brand organic hamburger and hot dog buns

"No Yeast" Breads

- Ener-G-Rice Bread (yeast or no yeast)
- Manna Bread (sprouted grains, seeds, no yeast, no fat)
- Whole Foods 365 organic traditional tortillas (no yeast; made with soybean oil)

Grain Snacks

- Barbara's Corn Chips/Barbara's Puffins
- Garden of Eatin' corn chips
- Newman's Own organic corn chips (1st chip ever to be cooked in organic oil!; many flavors)
- Whole Foods brand organic corn chips
- Organic corn tortillas

Potato/Rice/Veggie Chips:

- Ray's Taro Chips (great potato chip substitute for those who cannot tolerate potatoes)
- Guiltless Gourmet Chips
- Terra Chips (ingredients: Taro, Sweet Potato, Yucca, Parsnip, Taro colored with Beet Juice, Peanut Oil and/or Canola Oil, Sea Salt)

Potato Chips:

- Kettle (Potato) Chips,
- Lay's all natural Potato Chips,
- All natural low-fat Ruffles potato chips

Pasta

- Ancient Harvest Quinoa Pasta (gluten-free; does contain corn)
- DeBole's Jerusalem Artichoke Pasta (for those who have trouble digesting wheat)
- Hodgson Mill Whole Wheat Pasta
- Semolina pasta
- Buckwheat noodles (Eden brand, Yamaimo Soba; great for those who have trouble digesting wheat)
- Thai Kitchen Rice Noodles (wheat-free, gluten-free, egg-free)
- Annie's Naturals pastas (macaroni and cheese, etc.; many shapes and sizes; made from semolina and Jerusalem Artichoke pastas)

Side Dishes or Breakfast Cooked Grains

- Arrowhead Mills brown rice (many varieties)

- ___ Tapioca (no wheat or gluten)
- ___ Brown rice (any long or quick-cooking variety)
- ___ Kasha (made from buckwheat, good for wheat/gluten sensitive)
- ___ Texmati rice
- ___ Lundberg Rice (many varieties)
- ___ Lundberg Pilafs; some containing beans or pasta
- ___ Ancient Harvest Quinoa (good for grain sensitive, high protein)
- ___ Arrowhead Mills oatmeal (many varieties)
- ___ McCann's Irish oatmeal (no wheat contamination)
- ___ Country Choice certified organic oats
- ___ Erewhon oatmeal
- ___ Erewhon Barley Plus hot cereal

Cold Cereals

- ___ Cascadian Farms cereals (Purely O's is a great Cheerios alternative)
- ___ Erewhon (such as Rice Twice cold cereal)
- ___ Arrowhead Mills Puffed Millet (great for wheat/gluten sensitive)
- ___ Oat bran (good substitute for bread crumbs in recipes)
- ___ 365 brand cereals (Whole Foods) cold cereals; many varieties
- ___ Health Valley Cereals
- ___ Whole Kids (Whole Foods) oat cereal (healthier version of Cheerios; fortified)

Flour and Baking Ingredients

- ___ Hodgson Mill flour (oat, wheat)
- ___ Arrowhead Mills flour (oat, wheat)
- ___ Rice flour (gluten-free; any organic brand)
- ___ Stonyfield Farms nonfat yogurt (many flavors, active acidophilus culture, delicious!)
- ___ Cascadian Farms Organic Yogurt
- ___ Horizon Organic Yogurt

MILK AND YOGURT SUBSTITUTES:

- ___ Blue Diamond Almond Breeze (fortified almond milk)
- ___ Soy Dream (least allergenic)
- ___ Whole Foods soymilk (no sugar added variety)
- ___ Pacific Foods of Oregon Almond and Hazelnut non-dairy beverages (fortified with A, D, Calcium, B vitamins, and Zinc; contains no barley malt)
- ___ Rice Dream (plain, almond, vanilla, carob, and chocolate flavors; some varieties are calcium fortified)
- ___ White Wave non-dairy Yogurt/Silk Soy Beverage (contains cane sugar)

Organic CHEESE (Dairy):

- ___ Horizon cheeses
- ___ Whole Foods organic cheeses

CHEESE SUBSTITUTES:

- ___ Soya Cass Cheese if allergic to dairy products
- ___ Tofu (substitute for ricotta or cottage cheese in recipes)
- ___ VeganRella (finely a 100% non-dairy, no casein, no soy, cheese substitute made from brown rice milk; available in mozzarella and cheddar flavors)

EGG SUBSTITUTES:

- ___ Energ-G egg substitute

NUTS AND SEEDS:

- ___ Whole Kids peanut butter (low in aflatoxin mold)
- ___ Tahini (sesame butter)
- ___ Pecan, almond, or cashew butter (many different organic brands)
- ___ David's Sunflower Kernels (in the shell)
- ___ Trader Joes organic nuts/seeds
- ___ Whole Foods organic nuts/seeds
- ___ NOW nuts/seeds (many flavors; organic)
- ___ Sungold Sunbutter (great peanut butter substitute)

BEANS (LEGUMES):

- Tofu (organic, WHITE WAVE IS GREAT!)
- Tofu non-organic
- Casbah Hummus and Bean Meals
- Cedar's Hummus
- Organic canned beans (Eden, Westbrae, Hain, Walnut Acres, or any organic brand)

ENERGY/PROTEIN BARS:

- Nutiva Hemp bar (high in Omega-3's)
- Cliff Nectar bar (fruit, nut, some have chocolate)
- Organic Food Bar

Fish

**Some fish, especially large, old fish, will have a high mercury level and may also contain other contaminants; avoid these fish- the FDA has a complete list of them to avoid if pregnant or nursing.

- 365 brand (Whole Foods) tuna (salt and no salt brands)
- Deep Sea albacore tuna
- Whole Foods canned tuna
- Fresh fish (avoid most lake and farm-raised fish)
- Canned salmon (wild is best) such as Trader Joe's
- Wild frozen salmon

Frozen Foods

- 365 Brand french fries and tater tots
- Amy's Kitchen frozen meals
- Cascadian Farms organic entrees, fruits, and vegetables
- Cascadian Farms organic french fries, spud puppies, hash browns, etc.
- Ian's Alphabet, sweet Potato and other fries
- Alexia Yukon Gold Creamy Mashed Potatoes with Sea Salt

Soups

- Imagine Foods soups and broth (many varieties organic)
- Shari Ann's soups
- Whole Foods organic chicken broth
- Pacific Foods of Oregon organic or free-range chicken and "no chicken" broth
- Whole Foods prepared soups (wonderful and contain no additives/preservatives)

Fats/Oils

- Extra virgin olive oil (any brand; organic preferred)
- Avocado Oil (tastes like butter); highest smoking temperature of any oil
- Grapeseed Oil (cold-pressed); high smoking temperature; great antioxidant oil
- Spectrum (expeller pressed canola, sunflower, flaxseed and safflower oils)
- Flaxseed oil and seeds (great source of Omega 3 fatty acids, good fiber); make sure to refrigerate or freeze for freshness

COOKING SPRAYS:

- Spectrum expeller pressed cooking spray
- Pam organic cooking spray (olive oil and canola oil)
- Bertoli Olive Oil Spray (safe for environment)

BUTTER/MARGARINE (avoid all margarines containing partially hydrogenated or any trans fats.)

- Horizon Organic butter
- Whole Foods (365 brand) organic butter
- Spectrum Naturals margarine (many varieties)
- Earth Balance (tastes like butter)

MAYONNAISE:

- Vegannaise

- ___ Spectrum Mayonnaise (canola and egg varieties)
- ___ Hain canola and eggless mayonnaise
- ___ Whole Foods canola mayonnaise

SOUR CREAM: (not for dairy sensitive):

***Nonfat yogurt plus 1 T. sour cream tastes like the "real thing". Also see "Dairy Products" section.*

-Organic Valley

- ___ Horizon

Condiments

VINEGAR:

- ___ balsamic
- ___ rice wine (especially Edens organic brown rice vinegar)
- ___ gourmet-most types (especially brands imported from Italy)
- ___ apple cider vinegar substitute: lemon juice(fresh)

SPICES/SALT:

- ___ Sea Salt (salt with added minerals)
- ___ Select Origins salt free spices
- ___ Simply Organic spices
- ___ Any organic dried herbs and spices

Fresh lemon juice or balsamic vinegar gives foods a salty taste naturally

SEASONINGS AND SAUCES:

- ___ San-J Tamari (low sodium, no wheat and Teriyaki varieties also)
- ___ Annie's Naturals Barbecue sauces
- ___ Muir Glen catsup and barbecue sauce
- ___ Farmer's & Sittler's Horseradish
- ___ Crosse & Blackwell Worcestershire

SALSA:

- ___ Enrico's
- ___ Muir Glen
- ___ Whole Foods (365 brand)
- ___ Newman's Own

TOMATO/PASTA SAUCE PRODUCTS:

- ___ Newman's Own sauces
- ___ 365 Brand (Whole Foods) tomato sauces
- ___ Amy's Kitchen pasta sauces
- ___ Enrico's
- ___ Pomi Marinara Sauce
- ___ Muir Glen (organic tomatoes and sauces)

ASIAN SAUCES:

- ___ Cholula Hot Sauce
- ___ Kroger Brand Hot Sauce
- ___ black strap molasses (high in minerals)
- ___ pickled ginger
- ___ miso paste

Salad Dressing

- ___ Cardini's Pesto Pasta (no vinegar) and Zesty Garlic (great for marinades); Lemon Herb (no vinegar)
- ___ Cook's Classic Oil-Free Marinades and Dressings
- ___ Walden Farms Reduced Calorie Italian
- ___ Annie's all-natural Dressings

COFFEE SUBSTITUTES:

- ___ cereal grain coffees such as Postum, Pero, Roma, or Bambuu (may need to avoid if grain allergic)
- ___ Teccino herbal coffee (caffeine-free, many flavors)

___ Yerba Mate (very healthy Paraguayan coffee substitute; tastes most like coffee)

TEA:

___ Tazo tea (iced or hot)

___ Honest Tea (iced; organic)

___ Chai Tea (some varieties contain dairy)

___ Republic of Tea (loose leaf or bags); many fruit varieties; some are decaf

___ Republic of Tea bottled iced teas (unsweetened fruit teas)

___ Republic of Tea pomegranate tea (very high in antioxidants)

___ Chinese green tea (strengthens immune system)

___ Traditional Medicinals Women's Liberty Tea (great for hormone balance)

___ Traditional Medicinals Smooth Move Tea (herbal laxative); should be used only occasionally

___ Herbal teas (many varieties; should be avoided if you have seasonal allergies)

___ barley tea (tastes like coffee if very strong; great for alleviating constipation and other digestive problems)

___ Yerba Mate Tea (tastes most like coffee)

COCOA:

___ Carob powder (chocolate substitute; use as above in cocoa recipe)

___ Whole Kids hot cocoa mix

___ Chocolate soy or rice milk

Non-Dairy Cold Drinks

MINERAL WATERS:

___ Glaceau Smart Water, plain

___ Poland Spring

___ San Pellegrino

___ La Croix

___ Crystal Geyser with Vitafort (carbonated)

SODA POP SUBSTITUTES (these should be used very occasionally; 1-2 weekly max.)

___ Knudsen Non-Alcoholic Spritzers (all contain fruit juice and sparkling mineral water),

___ Trader Joe's French Lemonade

"SUPER JUICES":

___ Knudsen Papaya Nectar (contains enzymes for digestion; very high in beta carotene)

___ Santa Cruz organic fruit juices (convenient for kids in drink boxes; delicious; fabulous and healthy lemonade)

___ Pomi (pomegranate juices- variety of flavors); high in antioxidants

SPORTS DRINKS: (a natural answer to Gatorade)

___ any fresh orange juice

___ Glaceau Smart Water (fruit flavors or plain, great electrolyte drink)

Other Grocery Lists Ideas:

Please circle:

All natural or Conventional products

<p>BABY CARE</p> <ul style="list-style-type: none"><input type="checkbox"/> Baby Food<input type="checkbox"/> Cereal<input type="checkbox"/> Diapers<input type="checkbox"/> Formula<input type="checkbox"/> Pull-ups<input type="checkbox"/> Wipes <p>PERSONAL</p> <ul style="list-style-type: none"><input type="checkbox"/> Antacid<input type="checkbox"/> Antiseptic<input type="checkbox"/> Band Aids<input type="checkbox"/> Cold Medicine<input type="checkbox"/> Diet Drinks/Food<input type="checkbox"/> Dental Floss<input type="checkbox"/> Deodorant<input type="checkbox"/> Eye Drops/ Solution<input type="checkbox"/> Feminine Hygiene<input type="checkbox"/> Make-up<input type="checkbox"/> Mouth Wash<input type="checkbox"/> Nail Care<input type="checkbox"/> Nylons<input type="checkbox"/> Pain Reliever<input type="checkbox"/> Razor Blades<input type="checkbox"/> Shampoo<input type="checkbox"/> Shaving Cream<input type="checkbox"/> Toothpaste<input type="checkbox"/> Vitamins	<p>SPICES</p> <ul style="list-style-type: none"><input type="checkbox"/> Allspice<input type="checkbox"/> Basil<input type="checkbox"/> Cinnamon<input type="checkbox"/> Garlic<input type="checkbox"/> Oregano<input type="checkbox"/> Pepper<input type="checkbox"/> Sage<input type="checkbox"/> Salt<input type="checkbox"/> Vanilla <p>HOUSEHOLD</p> <ul style="list-style-type: none"><input type="checkbox"/> Air Fresheners<input type="checkbox"/> Ammonia<input type="checkbox"/> Bath Soap<input type="checkbox"/> Batteries<input type="checkbox"/> Bleach<input type="checkbox"/> Broom/Mop<input type="checkbox"/> Candles<input type="checkbox"/> Car Care<input type="checkbox"/> Charcoal<input type="checkbox"/> Cleanser<input type="checkbox"/> Dish Detergent<input type="checkbox"/> Laundry Detergent<input type="checkbox"/> Light Bulbs<input type="checkbox"/> Oven Cleaner<input type="checkbox"/> Sponges<input type="checkbox"/> Spray Cleaner<input type="checkbox"/> Stain Remover<input type="checkbox"/> Toilet Cleaner	<p>PRODUCE</p> <ul style="list-style-type: none"><input type="checkbox"/> Beans<input type="checkbox"/> Broccoli<input type="checkbox"/> Carrots<input type="checkbox"/> Celery<input type="checkbox"/> Cucumbers<input type="checkbox"/> Garlic<input type="checkbox"/> Lettuce<input type="checkbox"/> Mushrooms<input type="checkbox"/> Onions<input type="checkbox"/> Peppers<input type="checkbox"/> Potatoes<input type="checkbox"/> Tomatoes<input type="checkbox"/> Yams <p>FRUITS</p> <ul style="list-style-type: none"><input type="checkbox"/> Apples<input type="checkbox"/> Apricots<input type="checkbox"/> Avocados<input type="checkbox"/> Bananas<input type="checkbox"/> Berries<input type="checkbox"/> Cherries<input type="checkbox"/> Grapes<input type="checkbox"/> Grapefruit<input type="checkbox"/> Lemons<input type="checkbox"/> Melon<input type="checkbox"/> Oranges<input type="checkbox"/> Peaches<input type="checkbox"/> Pears<input type="checkbox"/> Pineapples<input type="checkbox"/> Prunes	<p>PAPER GOODS</p> <ul style="list-style-type: none"><input type="checkbox"/> Coffee Filters<input type="checkbox"/> Facial Tissue<input type="checkbox"/> Foil<input type="checkbox"/> Garbage Bags<input type="checkbox"/> Lunch Bags<input type="checkbox"/> Napkins<input type="checkbox"/> Paper Cups<input type="checkbox"/> Paper Plates<input type="checkbox"/> Paper Towels<input type="checkbox"/> Plastic Wrap<input type="checkbox"/> Sandwich Bags<input type="checkbox"/> Storage Bags<input type="checkbox"/> Toilet Paper<input type="checkbox"/> Waxed Paper <p>MISC</p> <ul style="list-style-type: none"><input type="checkbox"/> Cat Food<input type="checkbox"/> Cat Litter<input type="checkbox"/> Dog Food<input type="checkbox"/> Film<input type="checkbox"/> Magazines<input type="checkbox"/> Newspaper <p>OTHER</p> <ul style="list-style-type: none"><input type="checkbox"/> Deli Salads<input type="checkbox"/> Fresh Flowers<input type="checkbox"/> Fresh Bakery Items
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