



Grocery Guide

Tips & Tricks from the RD Team



Produce: Fruits & Veggies

- Rich in fiber to support gut health, satiety, blood pressure, blood sugar, and more.
- Deeper color = more nutrients
- Different color = different nutrients
- Fresh, frozen, or canned are all great options!
- Enjoy these raw or cooked, whichever you prefer.



Protein: Nuts

- Rich in healthy fats for cell function and heart health.
- Enjoy whichever nut is your favorite - try them all!
- Great for trail mix, tossed on a salad, or crushed on a filet of fish.
- Look for low or no salt options, and savor raw or roasted.
- Buy bagged, in bulk, or in butter form!



Protein: Seeds

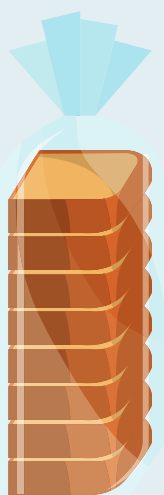
- Small but mighty nutrition powerhouses, rich in fiber and protein.
- Sesame, pumpkin, chia, flax or hemp seeds - to name a few!
- Toss some sesame seeds into a stir fry or add roasted pumpkin seeds to your trail mix.





Protein: Legumes

- Beans, peas, and lentils - oh my!
- Versatile and shelf stable, making a great pantry staple.
- Look for no or low sodium options.
- Purchase bagged or bulk, and if buying canned - just give them a good rinse.
- Try a bean or lentil pasta for a fun swap!



Whole Grains

- Complex carbohydrates: include the outer layer, rich in fiber and B vitamins. Simple carbohydrates (white bread/rice) have the outer layer stripped, and are less nutrient dense.
- Farro, quinoa, teft, oatmeal, amaranth, etc. - all have their own nutrient profile. Explore them all!
- Enjoy by adding beans for a warm side dish, add to soups or salads, or stuff your favorite winter squash with grains and roasted vegetables.
- Pantry staples - bought bagged or in bulk.



Herbs & Spices

- Boosts nutrition! Adds flavor, texture, and color.
- Dried or fresh, both are great options.
- Storage tips – wrap damp paper towel around herb and store in fridge or add to a cube and pour olive oil, then freeze for quick use.
- Check out page 29 in your Cancer Fighting Kitchen Cookbook for more on the superpowers of each individual herb & spice.

