

African Heritage Diet Grocery List

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.

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Couscous | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Rice and Wild Rice | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Millet | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole Grain Grits | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oats or Oatmeal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Barley | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole Wheat Flour | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole Wheat Bread | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Teff (grain or flour) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sorghum | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole Cornmeal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Seafood

Salmon and other oily fish contain healthy Omega-3s. White fish is a great lean protein.

- | | |
|--------------------------------------|--------------------------------|
| <input type="checkbox"/> Red Snapper | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Catfish | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cod | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Scallops | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clams | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tilapia | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Salmon | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> _____ |

Healthy Oils, Vinegars and Sauce Bases

Store oils in a cool, dark place to make them last longer.

- | | |
|---|--|
| <input type="checkbox"/> Olive Oil (Extra-Virgin) | <input type="checkbox"/> Apple Cider Vinegar |
| <input type="checkbox"/> Canola Oil | <input type="checkbox"/> Other Favorite Vinegars |
| <input type="checkbox"/> Unrefined Red Palm Oil | <input type="checkbox"/> Light Coconut Milk |
| <input type="checkbox"/> Coconut Oil (Extra Virgin) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> _____ |

Herbs and Spices

Fresh and dried herbs and spices are a great way to add flavor without adding fat or salt.

- | | |
|---|--|
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Dried Peppers |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dill | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> _____ |

Beans

Beans are a great way to add fiber and protein to meal.

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|---|--------------------------------|
| <input type="checkbox"/> Black-eyed Peas | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Butter Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fava Beans (Broad Beans) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lima Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chickpeas (Garbanzos) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pigeon Peas | <input type="checkbox"/> _____ |

Eggs, Dairy & Meats

- | | |
|--|--|
| <input type="checkbox"/> Low-fat Milk (or Milk Alternatives) | <input type="checkbox"/> Chicken & Poultry |
| <input type="checkbox"/> Yogurt | <input type="checkbox"/> Fresh Lean Meats |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tofu | <input type="checkbox"/> _____ |

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Nuts and Seeds

Both are a great source of protein, fiber, and healthy fats.

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Almonds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brazil Nuts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Natural Peanut Butter | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Fruits

Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Dates |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Mangoes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pineapples | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lemons & Limes | <input type="checkbox"/> _____ |

Vegetables & Tubers

Fresh veggies are important for weight control and good health. Frozen and low-sodium canned veggies are also good choices.

- | | |
|---|---|
| <input type="checkbox"/> Tomatoes (fresh, canned, pastes) | <input type="checkbox"/> Cassava |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Cabbage (Green or Purple) | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Red / Green Bell Peppers | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Plantains |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Beets | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Radishes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Squash | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Onions (yellow, red or Vidalia) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> _____ |

Leafy Greens

Greens are a staple food of African Heritage. Choose from a wide variety and experiment with ways of preparing them. Cook them lightly to retain all of their valuable nutrition.

- | | |
|---|---|
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Kale | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> _____ |

Miscellaneous

Including other pantry essentials and home goods like cleaning supplies so you don't forget!

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Low-Sodium Soups | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sea Salt | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tea | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Low-Sodium Pickles | <input type="checkbox"/> _____ |