



CLEAN EATING FOR HEALTH FOOD LIST

FeedingBig.com

Fats:

Olive oil

Extra-virgin olive oil

Coconut oil

Organic unsalted butter (preferably grass-fed)

Organic ghee

High-oleic safflower oil

Sunflower oil

Grape seed oil

Avocado

Flours and grains:

Look for 100% whole grain varieties of the following, and look for options without additives or preservatives. Making your own bread is fun also!

Breads

Tortillas

Pastas

Rice

Flours

Ancient Grains such as quinoa

Soba noodles

Cornmeal

Bread crumbs (or panko)

Gluten-free flours such as coconut, brown rice (no white rice flours) are also acceptable.



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Dairy

Use full-fat organic (and grass-fed where possible) options of the following:

Plain yogurt

Greek yogurt

Buttermilk

Sour cream

Cottage cheese

Cream cheese

Cheese (goat, Parmesan, ricotta, etc.)

Milk

Nondairy/Protein Alternatives

Unsweetened plain almond, soy, rice and coconut milks (made without additives such as carrageenan)

Organic tofu

Organic tempeh

Seafood

Sustainable fish and shellfish (check seafoodwatch.org for a list of best choices).

Produce

Purchase organic vegetables and fruits on 'The Dirty Dozen' list but otherwise conventional produce is acceptable. Additive-free frozen fruits and vegetables are permitted.



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Meats

Opt for hormone- and antibiotic-free organic lean meats whenever possible (and grass-fed if your budget allows).

Poultry

Lean red meats

All-natural/organic bacon or sausages

Uncured, all-natural nitrite- and nitrate-free deli meats such as lean ham

Salts and Herbs

Sea salt or kosher salt (these salts have minerals that are good for you)

Herbs should be free of additives and artificial ingredients

Nuts and Seeds

Raw unsalted nuts and seeds

Natural or organic unsalted nut and seed butters

Sweeteners

Try to limit added sugar intake as much as possible, but when you want a sweet treat or are making dessert try these. I love using honey in my cookies and treats.

Date sugar

Raw honey

Pure maple syrup

Sucanat

Stevia

Organic evaporated cane juice

Cacao nibs

Dark chocolate – at least 70%

Unsweetened shredded coconut

Pure vanilla extract

Unsweetened cocoa powder



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Juices

Lemon and lime juice must be fresh and 100% juice

100% fruit juices (not from concentrate)

Cold-pressed (preferably homemade) juices made of 100% fruits and vegetables

Thickeners

Arrowroot

Tapioca starch

Potato starch

Canned and Jarred Ingredients

If buying canned beans or tomatoes, only purchase ones that are available in BPA-free cans. Jarred or boxed tomatoes are also great options. Coconut milk from BPA-free cans are also acceptable.

Condiments

Make your own salad dressings and condiments whenever possible, however the following store-bought condiments can be used in recipes. Read the label to ensure the product contains no added sugars, additives or preservatives.

Hot sauce

Vinegars (red wine vinegar, balsamic, apple cider, etc.)

Dijon mustard

Reduced-sodium soy sauce or tamari

Miscellaneous Ingredients

Unsalted tomato paste

Agar agar or unflavored gelatin

Low-sodium chicken or vegetable broth

Unsweetened dried berries or unsweetened 100% fruit sauce