



SHOPPING FOR THE HEALTHY CART:



Whole Grain Products



Bulk Bins: Nuts, Grains, Beans



Fresh & Dried Spices & Herbs



Whole Kernel Grains



Nuts & Seeds



Traditional & Fermented Soy Foods



Fruits & Berries



No Junk!



Organic Dairy Products



Vegetables, Vegetables!



Organic/Wild Meat, Poultry, Fish, Seafood



Healthy Oils