



# 100 FOODS DR. OZ WANTS IN YOUR SHOPPING CART

## FRESH PRODUCE\*

- 1) Tree Fruits (Apples, Pears)
- 2) Citrus (Oranges, Lemons, Limes)
- 3) Stone Fruits (Peaches, Plums, Apricots, Cherries, Tangerines)
- 4) Bananas
- 5) Grapes
- 6) Melons
- 7) Greens (Romaine, Arugula, Iceberg, Cabbage, Collards, Turnip Greens, Mustard Greens, Swiss Chard)
- 8) Baby Carrots
- 9) Celery
- 10) Avocado
- 11) Potatoes

## FROZEN

- 12) Berries: Strawberries, Cranberries, Raspberries, Blueberries, Blackberries
- 13) Frozen Veggies: Peppers, Kale, Asparagus, Cauliflower, Onions, Spinach, Broccoli, Peas, Green Beans, Corn, Zucchini, Squash

## SEAFOOD/MEATS

- 14) All White Meat Ground Turkey
- 15) Bison/Bufalo Burger (Sirloin Burger)
- 16) Eye Of The Round / Steak
- 17) Lean Pork
- 18) Lean Ground Beef
- 19) Chicken (Skinless Thighs, and Breasts, Whole Chicken)
- 20) Fish: Salmon, Cod or Trout
- 21) Shrimp (frozen)
- 22) Fully Cooked Pre-Seasoned Beef and Chicken Slices (Refrigerated Section)
- 23) Fresh Sliced Meats (No Nitrites or Nitrates Added) - Turkey, Ham, Chicken, Roast Beef
- 24) Salmon, Tuna, Chicken (In Can or Pouch)

## CANNED/BOTTLED ITEMS

- 25) Canned Beans (White, Kidney, Black, Pinto, Red, Navy)
- 26) Canned Tomatoes (Tomato Sauce and Tomato Paste - No Added Salt)
- 27) Low Sodium Salsa
- 28) Canned Artichokes
- 29) Canned mushrooms
- 30) Low-Sodium Chicken Broth

## CANNED/BOTTLED ITEMS (cont.)

- 31) Natural Peanut Butter
- 32) Jams: Raspberry, Strawberry, Blueberry, Blackberry, Apricot (No Artificial Sweeteners)
- 33) Dill pickles
- 34) Canned Beets
- 35) Low-Sodium Sauerkraut
- 36) Sardines
- 37) Anchovies
- 38) Olives (Kalamata)

## DELI/CHEESE/DAIRY

- 39) Eggs
- 40) Greek Yogurt (And Drink-ables)
- 41) Milk (2% Organic / Almond / Soy)
- 42) Butter
- 43) Cheeses: Part-Skim Mozzarella, Cheddar, Parmesan, Feta, Ricotta, String
- 44) Hummus

## PASTA/GRAINS/CEREALS

- 45) Quinoa
- 46) Microwavable Steel Cut Oatmeal
- 47) Microwavable Brown Rice
- 48) Whole Grain Cereals
- 49) 100% Whole Wheat Pastas (or Jerusalem Artichoke Pasta)
- 50) 100% Whole Wheat or 100% Whole Grain (Breads, Buns, Pitas, English Muffins, Bagel Thins, Sandwich Thins)
- 51) 100% Whole Wheat Flour
- 52) 100% Whole Wheat Tortillas
- 53) 100% Whole Grain Crackers
- 54) Quick Cooking Polenta
- 55) Whole Grain Brown Puffed Rice
- 56) 100% Whole Wheat Pre-Made Pizza Crust
- 57) 100% Whole Wheat Waffles (Frozen)

## BEANS AND SOY

- 58) Edamame (Frozen or Dry)
- 59) Tofu, Soy Milk, Soy Crumble
- 60) Chickpeas
- 61) Lentils
- 62) Frozen Soy Burgers
- 63) Soy Hot Dogs

## CONDIMENTS/ HERBS/ SPICES/ DRESSINGS/ OIL

- 64) Mustard
- 65) Oils - Bottled (Olive, Canola, Flaxseed)
- 66) Vegan Mayo
- 67) Ginger
- 68) Chia Seeds
- 69) Black Peppercorns
- 70) Agave Nectar
- 71) Baking Spices: Cinnamon, Nutmeg, Clove, Ginger
- 72) Raw sugar
- 73) Honey
- 74) Chili pepper
- 75) Curry
- 76) Hot sauce
- 77) Red Pepper Flakes
- 78) Balsamic Vinegar
- 79) Sea Salt
- 80) Vinegar (Malt, White, Red)
- 81) Low Sodium Soy Sauce
- 82) French Herbs (Rosemary, Marjoram, Thyme, Savory)
- 83) Italian Seasoning (Garlic Marjoram, Thyme, Rosemary, Savory, Sage, Oregano and Basil)

## SNACK FOODS/ DESSERTS/ TREATS

- 84) Nuts (Almonds, Walnuts, Brazil, Hazelnuts, Pistachios)
- 85) Seeds (Sunflower, Pumpkin)
- 86) Dried Fruit (Raisins, Apricots, Cranberries)
- 87) 100% Whole Wheat Pita Chips
- 88) 100% Whole Wheat Pretzels
- 89) Popcorn
- 90) High Fiber, Granola or Protein Bars (No More Than 5gms Added Sugar)
- 91) Sweet Potato Fries (Baked)
- 92) Bite Size Dark Chocolate With or Without Almonds
- 93) Slow Churned Ice Cream
- 94) 100-calorie Air Popped Potato Chips
- 95) Fruit Leather
- 96) Frozen Fruit Popsicles

## Beverages

- 97) Tea
- 98) Coffee
- 99) 100% Orange Juice
- 100) Sparkling Water/Seltzer

\*Buy other fresh fruits and frozen vegetables as desired