

Grocery List Recommendations



The PK grocery list is designed to provide you with resources and ideas to help you eat and live well for your own well-being and the health of your child.

At the Neurological Health Foundation we worked with our physicians, scientists and nutritionists to develop a grocery shopping list to help you choose whole real foods and safer products with ease. This list is a healthy beginning for your 12 month journey (three months preconception and during pregnancy).

Remember, in pregnancy, specific dietary and personal care needs vary, make sure to consult your medical professional regarding your personal health needs and nutrition before choosing any foods or products.



Grocery List Recommendations

FRESH ORGANIC VEGETABLES	FRESH ORGANIC FRUITS	NUTS AND SEEDS
Artichokes Asparagus Bok Choy Beets Broccoli Cabbage Carrots Cauliflower Celery Corn (Non-GMO) Cucumbers Eggplant Fennel Garlic Greens (Arugula, beet greens, chard, collard, kale, romaine, spinach) Green beans Leeks Mushrooms (crimini, oyster, portabello, shitake) Okra Onions Parsnips Peppers Potatoes Pumpkin Scallions Squash Sweet potatoes Tomatoes Watercress Zucchini	Apples Avocados Bananas Berries (Blackberries, blueberries, raspberries, strawberries) Cherries Dates Citrus (Grapefruit, lemons, limes, nectarines, oranges) Figs Grapes Guava Kiwis Mango Melon Olives Papaya Passionfruit Peaches Pears Plums Prunes Raisins Starfruit Ugli fruit Watermelon	Almonds Brazil Cashews Chestnuts Chia seeds Hazelnut Hemp Flax seeds Macadamia Peanuts Pecans Pistachios Poppy seeds Pumpkin seeds Sesame Sunflower seeds Walnuts
		BEANS AND LEGUMES
		Edamame Garbanzo Great Northern Kidney Lentils Lima Mung Peas Pinto Split peas

ORGANIC DAIRY	WE RECOMMEND
Butter / Margarine	Organic or grassfed, coconut, Melt®, Organic Valley
Cheese	Organic and pasteurized only. Avoid: bleu, feta, brie, queso blanco, queso fresco.
Cottage cheese	Nancy's, Organic Valley
Eggs	Organic or pasture raised
Ghee	Organic Valley
Half & half	Organic Valley, Whole Foods
Milk	Organic or grassfed, cow, goat, A2 (Sprouts), Horizon, Organic Valley
Sour cream	Organic or grassfed, Nancy's, Stonefield
Yogurt	Organic or grassfed, Wallaby, Stonefield, Organic Valley



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MEAT (ORGANIC)	WE RECOMMEND
Beef Chicken Ham Lamb Lunchmeat Pork Turkey	Organic or grassfed Organic, Mary's air chilled Grassfed None while pregnant Sparingly. Antibiotic-free, hormone-free Organic

SEAFOOD-WILD CAUGHT, NOT FARMED	WE RECOMMEND
Atlantic makereel Cod Flounder Mussels, scallops, oysters, clams Salmon Sardines Rainbow trout Shrimp Sole	NOT King Makerel which is highest in mercury Artic Wild-caught Sockeye/Coho. Not Atlantic, not farm-raised. Great source of calcium

CONDIMENTS / SAUCES	WE RECOMMEND
Honey Jam / jelly / preserves Ketchup / Mustard Marinades Mayonnaise Pasta sauce Relish Salad dressing Salsa "Soy sauce" Syrup	Local, raw, organic Organic fruit spread Organic (no corn syrup) Look for soy-free and canola-free Organic or vegan (non-soy) Muir Glen, Bionaturae Organic (no corn syrup), artificial color Annies Naturals, Organic Ville Organic Soy free, coconut aminos, tamari sauce Pure maple or coconut syrup



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PANTRY STAPLES	WE RECOMMEND
Broth	Organic, bone, vegetable, chicken, beef
Cereal	Love Grown, Nature's Path, One Degree
Coffee / Filters	Organic, unbleached filters
Cooking oils	Coconut, grapeseed, sunflower (organic)
Dressing oils	Olive, walnut, sesame
Grains	Amaranth, barley, brown rice, buckwheat, couscous, bulgur, farro, flaxseed, kamut, millet, oats, quinoa, steel cut oats
Mac & cheese	Organic
Nut butters	Organic
Olive oil	California, Organic if from USA
Pancake / Waffle mix	Birch Benders, Bob's Red Mill
Pasta	DeBoles, Anciet Harvest, Banza
Pickles	Organic
Rice	Organic, from bulk. Both brown and wild rice
Tea	Numi's Naturals, Traditional Medicinals, Yogi
Vinegar	Bragg's apple cider, Balsamic, Coconut

SNACKS	WE RECOMMEND
Chips	Organic only, no canola oil, rice chips, bean chips, Late July
Cookies	Organic, Newman's Own, Annies
Crackers	Mary's Gone Crackers, Simple Mills, Whole Foods organic brand
Dried fruit	Organic, Newman's Own
Granola bars / Mix	KIND, One Degree, Nature's Path
Nuts / Seeds	Organic, if available
Oatmeal	Bob' Red Mill, Ancient Harvest, organic
Popcorn	Organic, sea salt

BEVERAGES	WE RECOMMEND
Alternative milks	Organic: almond, coconut, flax seed, oat, cashew
Coconut water	
Green and herbal teas	
Juice	100% juice, organic. Drink at 1:1 ratio of water to juice
Water	Filtered, alkaline, sparkling (in moderation)

BAKING	WE RECOMMEND
Baking powder / Soda	Aluminum free
Bread crumbs	Organic
Cake / Brownie / Muffin mix	Organic, Miss Jones, Bob's Red Mill
Flour	Organic, unbleached
Food coloring	Natural only
Shortening	Spectrum
Sugar	Organic cane sugar, coconut sugar, raw honey, raw turbinado sugar, Stevia leaf



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FRESH ORGANIC HERBS	
<ul style="list-style-type: none"> Basil Bay leaves Chives Cilantro Marjoram Oregano Parsley Rosemary Tarragon Thyme 	

DRIED SPICES & HERBS (ORGANIC)	WE RECOMMEND
<ul style="list-style-type: none"> Basil Black pepper Cinnamon Cilantro Cumin Garlic powder Ground ginger Italian seasoning Marjoram Nutmeg Onion powder Oregano Paprika Parsely Rosemary Thyme Sea salt 	<p>Use small amounts</p>

BAKED GOODS (ORGANIC)	WE RECOMMEND
<ul style="list-style-type: none"> Hamburger buns Sliced bread Pizza crust Tortillas 	<ul style="list-style-type: none"> Whole grain, Dave's, Rudi's, Udi's Whole grain, Ezekiel, Apline Valley, Dave's Whole grain, ready made Whole wheat, whole grain, non-GMO corn



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FROZEN	WE RECOMMEND
Fish sticks	Wild caught (see fish list for low mercury options)
Fries / Tater tots	Organic only
Ice cream / Sorbet	Organic, coconut milk, almond milk
Fruits and Vegetables	Organic
Pizza	Amy's, Smart flour, Gluten free, Udis
TV dinners	Avoid microwave. Use oven directions and remove from plastic
Veggie burgers	Amy's Organic, Amy's, Hilary's, Dr. Praegers (soy free)
Waffles	Organic

PERSONAL CARE	WE RECOMMEND (LOOK FOR WHOLE FOODS PREMIUM BODY CARE)
Antiperspirant / Deodorant	NO aluminum: Adama's Clay dry, Nourish, Desert Essence
Bar soap	Dr. Bronners, Desert Essence, Whole Foods organic, Tom's
Cosmetics	Gabriel, Pacifica, Mineral Fusion, Luxe
Cotton swabs / Balls	Organic cotton
Facial cleanser	Devita, Mineral Fusion, Acure, Anadalou Naturals, Weleda
Feminine products	Organic cotton
Hair gel / Spray	Look for Premium Body Care label
Hand soap	Meyers, Everyday coconut, Seventh Generation
Lip balm	Organic
Moisturizing lotion	Anadalou Naturals, Desert Essence, Nourish Organic, Honest Co.
Mouthwash	Desert Essence, Natural Dentist, Jason
Nail polish and remover	Mineral Fusion, Pacifica
Shampoo / Conditioner	Acure, Dessert Essence
Shower Gel	Nourish Organics, Dessert Essence, Acure
Sunscreen	Goddes Garden, Badger, Devita (for face)
Toilet paper	Unbleached
Toothpaste	Nature's Gate, Dr. Bronners, Weleda

CLEANING PRODUCTS	WE RECOMMEND (LOOK FOR WHOLE FOODS® GREEN ECO SCALE)
Air freshener	Aura Cacia natural plug in
Bathroom cleaner	Seventh Generation, Bon Ami, Meyers
Bleach / Detergent	White vinegar (no bleach), Seventh Generation, borax powder
Dish / Dishwasher soap	Seventh Generation, Ecover, Ecos
Disinfectant spray	Clean Well, Seventh Generation
Furniture polish	Earth Friendly Products
Glass cleaner	Vinegar based
Scouring powder cleanser	Bon Ami, borax, baking soda
Stainless steel cleaner	Earth Friendly products
Toilet cleaner	Whole foods brand

