

AMAZING WHOLE FOODS SHOPPING LIST

WHOLE FOOD	AMOUNT	SELECTION TIPS	AVAILABLE FROZEN**	DIRTY DOZEN**	CLEAN 15**	
☐ Apples	1½ pounds (or 5 medium)	Avoid tart varieties. Choose: Golden/Red Delicious, Gala, Fuji, Jonagold, Braeburn; firm with no bruising				FRUITS
☐ Avocados	1½ pounds (or 4 medium)	Gently squeeze for slight softness; tight skin, no spotting, no aroma				
☐ Bananas	1½ pounds (or 5 medium)	Cavendish, yellow, not a lot of brown or green				
☐ Blueberries	1 pint (or 16 ounces)	Firm, dry, plump, smooth skins, white bloom, no mold				
☐ Cherries	1 pound	Taste for sweetness; firm with no wrinkles				
☐ Mangoes	1½ pounds (or 3 large)	Smell at stem end for mango aroma; should yield to gentle pressure				VEGETABLES
☐ Peaches	1½ pounds	Soft, not too firm, peach aroma, no green color				
☐ Pears	1½ pounds (or 5 medium)	Bartlett, Anjou, Bosc, Comice, Asian; smell and apply pressure just below stem for slight softness				
☐ Prunes	½ pound (or 15 individual)	No additives (sulfites, sugar); already pitted				
☐ Broccoli	1 pound florets	Firm, compact florets, dark green, no brown or yellow				
☐ Butternut squash	1¼ pounds	Intact stem, dull-colored skin, no shiny skin or bruising				LEGUMES
☐ Carrots	1¼ pounds	Thin, smooth shape, bright color, greens not wilted; not soft or rubbery				
☐ Kale	1½ pounds with ribs, or 1 pound loose leaf	Deep green, no yellow, brown, or wilting; small-medium leaves				
☐ Parsnips	1¼ pounds	Choose smallest, whitest				
☐ Sweet potatoes	1¼ pounds	Garnet, Jewel, Beauregard; firm, no decay				
☐ Black beans	2 (15-ounce) cans	No salt; BPA-free liner (such as Eden Organic brand)				GRAINS
☐ Haricots verts	1 pound	Bright green, crisp, thin, not too stiff				
☐ Red Lentils	1 cup (or ½ pound)	Dry, firm, clean, unwrinkled, uniform color				
☐ Sweet peas	2 pounds fresh pods or 1 pound shelled	Pods: small, firm, green with no yellow or wilting; Peas: bright green, small, firm. Taste for sweetness				
☐ Brown rice	1 cup (or ½ pound)	Check use-by date; smell bulk container				
☐ Oats	1 cup (or ½ pound)	Certified gluten free; any form; check use-by date; smell bulk container				GRAINS
☐ Quinoa	1 cup (or ½ pound)	Pre rinsed (such as Bob's Red Mill brand)				

* If selecting frozen, purchase one 16-ounce (1-pound) bag.

** The Environmental Working Group (EWG) recommends purchasing organic versions of produce on the Dirty Dozen Plus list, while indicating organic may not be necessary for