



One small step is all it takes to grab your happy!



My Good Stuff Shopping List



Shop by stuff that's good for you and that your body needs!

POTASSIUM

- Sweet Potato
- Tomato Paste
- Potato (to bake)
- White beans
- Yogurt
- Halibut
- Soybeans
- Tuna, yellowfin
- Cod, Pacific
- Bananas
- Spinach
- Tomato or Carrot Juice

IRON

- Clams, canned
- Fortified cereal or oatmeal
- Soybeans
- Pumpkin or squash
- White beans/lentils/kidney beans
- Spinach
- Beef
- Sardines
- Liver, duck or lamb
- Shrimp
- Chickpeas

MAGNESIUM

- Pumpkin seeds
- Brazil nuts
- Bran cereal
- Halibut
- Quinoa
- Spinach
- Almonds
- Cashews
- Buckwheat flour
- Soybeans
- White or black beans
- Pollock, walleye

CALCIUM

- Yogurt
- Cheese
- Milk
- Fortified cereals
- Sardines
- Tofu, prepared with nigan
- Pink salmon, canned
- Collard greens or spinach
- Soybeans
- Ocean perch



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VITAMIN A

- Liver or giblets
- Carrot juice
- Sweet potato
- Pumpkin
- Carrots
- Spinach
- Collards/Kale/Turnip greens
- Fortified cereals, ready to eat or cooked
- Winter squash
- Cantaloupe
- Pickled herring
- Red sweet pepper or Chinese cabbage

VITAMIN C

- Guava
- Red sweet pepper
- Kiwi
- Oranges
- Green pepper
- Orange or grapefruit juice
- Strawberries
- Brussels sprouts
- Cantaloupe
- Broccoli
- Sweet potato
- Cauliflower

VITAMIN E

- Fortified cereals
- Sunflower seeds
- Almonds
- Safflower/Sunflower/Cottonseed oil
- Hazelnuts, peanuts, or mixed nuts
- Turnip greens
- Tomato paste, sauce, or puree
- Peanut butter
- Wheat germ
- Avocado
- Corn/Canola/Olive oil
- Spinach

DIETARY FIBER

- Navy beans
- Bran cereal
- Kidney beans
- Split peas or lentils
- Black/White/Pinto/Lima beans
- Artichoke
- Chickpeas or Northern beans
- Rye crackers
- Sweet potato
- Pears
- Green peas