

TruHealth™ System Approved Foods

You can't create sustainable, healthy eating without knowing where to start. Below is a shopping list that will help as you plan your meals. You can download and print this same list at library.mannatech.com/7819 and use it as your TruHealth Shopping list.

| | | | |
|---|--|--|--|
| Vegetables (organic) | <ul style="list-style-type: none">o Sweet potatoeso Swiss chardo Turnipso Wasabi rooto Water chestnutso Watercresso Yucca rooto Zucchini | <ul style="list-style-type: none">o Tomatoeso Watermelon* | <ul style="list-style-type: none">o Cilantroo Cinnamono Cloveso Cumino Garlico Gingero Italian parsleyo Minto Oreganoo Paprikao Parsleyo Peppero Sea salto Turmeric |
| <ul style="list-style-type: none">o Artichokeso Asparaguso Arugulao Bamboo shootso Basilo Bean sproutso Beetso Beet sproutso Bell peppers, any varietyo Bok choyo Broccolio Brussels sproutso Butternut squasho Cabbageo Carrotso Cauliflowero Celeryo Chardo Chiveso Coconuto Collard greenso Cucumberso Eggplanto Endiveo Fennelo Garlico Green beanso Hearts of palmo Jalapeño pepperso Jicamao Kaleo Leekso Lettuce (romaine)o Mushroomso Mustard greenso Okrao Onionso Parsnipso Pumpkino Radisheso Red pepperso Rutabagao Shallotso Spaghetti squasho Spinacho Sproutso Squasho String beans | Fruits (organic) | Protein (organic/wild caught/free range/antibiotic and hormone free) | <ul style="list-style-type: none">o Chicken breasto Chicken legso Chicken, wholeo Codo Eggso Halibuto Lean beefo Salmono Tunao Turkeyo Turkey breasto Wild game |
| | <ul style="list-style-type: none">o Apples*o Apricots*o Avocados (in moderation)o Bananas*o Blackberrieso Blueberrieso Cantaloupeo Cherries*o Clementineso Coconuto Cranberrieso Dateso Dried apricotso Grapes, redo Grapes, whiteo Grapefruito Honeydew melono Kiwio Kumquatso Limeso Lemonso Mangoes*o Mulberries*o Melon, any varietyo Nectarines*o Oliveso Orangeso Papaya*o Peaches*o Pearso Pineappleo Plums*o Pomegranate*o Rhubarbo Raspberrieso Strawberries | Grains and Legumes (organic) | Broths (ready-made, organic) |
| | | <ul style="list-style-type: none">o Beanso Lentilso Milleto Oatso Peaso Quinoao Wild/brown rice | <ul style="list-style-type: none">o Beefo Chickeno Vegetable |
| | | Oils (organic) | Miscellaneous |
| | | <ul style="list-style-type: none">o Coconut oilo Flax seed oilo Gheeo Grape seed oilo Hemp seed oilo Olive oilo Organic butter | <ul style="list-style-type: none">o Carob powdero Cocoa powdero Coffee/Teao Curry pasteo Dijono Hummuso Mustardo Seaweedo Vanilla extract |
| | | Nuts/Seeds | Milk Substitutes |
| | | <ul style="list-style-type: none">o Almondso Cashewso Chia seedso Hemp seedso Sunflower seedso Walnuts | <ul style="list-style-type: none">o Almond milko Coconut milko Hemp milko Oat milk |
| | | Fresh Herbs/Spices (organic) | Sugars/Sweeteners |
| | | <ul style="list-style-type: none">o All spiceo Basilo Bay leafo Cayenne | <ul style="list-style-type: none">o Bananas*o Monk fruito Steviao Whole-leaf steviao Xylitol |
| | | | Water |
| | | | <ul style="list-style-type: none">o Coconuto Filteredo Mineralo Spring |

Fresh fruit can be a healthy and nutritious food with many vitamins, minerals and fiber. Typically the recommendation to eat fresh fruit as your appetite dictates holds true for many people. However, if you are above your ideal weight, the elimination of higher-sugar fruits may be necessary. It is best to consume vegetables instead of high-glycemic fruits. For some people, fructose consumption may be a problem; fruits that have a high fructose-to-glucose ratio should be avoided. Therefore, fruits with the * by them should be avoided or minimized.