

SHOPPING LIST BY TRAFFIC LIGHT CODING

From totally conforming (Green-Green) to totally non-conforming (Red)

| 1. GREEN-GREEN Superfoods | 2. GREEN Good Foods | 2. GREEN Good Foods | 3. GREEN-YELLOW Borderline good | 4. YELLOW Borderline not good | 5. YELLOW-RED Avoid | 6. RED Shun | 6. RED Shun |
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| <p>VEG: NON-STARCHY beet greens broccoli Brussels sprouts cabbage, red cabbage, white cauliflower kale Swiss chard turnip greens</p> <p>Herbs parsley garlic ginger</p> <p>EGGS eggs, omega-3</p> <p>FISH, FINFISH anchovy, unsalted carp cod livers cod liver pâté eel herring jack fish mackerel pilchards salmon sardine shark swordfish tuna, fresh bluefin only trout</p> <p>FISH, SHELLFISH clam oysters shrimp squid</p> <p>NUTS flaxseed hempseed walnut</p> | <p>VEG: NON-STARCHY alfalfa sprouts artichoke asparagus avocado bean sprouts bell pepper bok choy celeriac celery chicory coleslaw cress cucumber egg plant endive fennel green beans Jerusalem artichoke kohl rabi leeks lettuce mushroom okra onion green onion palm heart radish spinach sugar snap peas summer squash sweet corn, baby turnip water chestnut watercress zucchini courgette</p> <p>Condiments All other herbs vinegar, all kinds lemon juice</p> <p>Sauces and Dips guacamole</p> | <p>FATS & OILS Plant Oils almond cream mayonnaise, canola mayonnaise, olive oil olive oil palm oil, mono-unsaturated spread, canola spread, olive oil</p> <p>SUGARS , SWEETENERS Confectionary chocolate, 85% cocoa solids</p> <p>BEVERAGES almond milk cocoa, unsweetened tea, black tea, green tea, herbal</p> <p>EGGS all other eggs incl: eggs, chicken eggs, duck</p> <p>NUTS all other nuts incl: almond brazil cashew filbert (hazelnut) macadamia pecan pine pistachio</p> <p>POULTRY, FARMED chicken, breast, no skin turkey, breast, skinless duck goose emu ostrich</p> | <p>SEED PRODUCTS Tahini (sesame seed butter) sesame seed</p> <p>VEG: NON-STARCHY tomatoes</p> <p>Condiments mustard</p> <p>Pickles onions, pickled</p> <p>Sauces ketchup, made with fructose and canola</p> <p>FRUITS apple banana, green-tipped dates, fresh guava orange peach pear plum strawberry, cultivated</p> <p>FATS & OILS Plant Oils cocoa butter coconut cream coconut oil soybean oil</p> <p>Animal Fats duck fat goose fat</p> <p>SUGARS , SWEETENERS agave “nectar” fructose</p> <p>Confectionary chocolate, 75% cocoa solids</p> | <p>GRAIN SEEDS barley, pearl pumpkin seed</p> <p>VEG: STARCHY beets, red (beetroot) carrot, cooked yam (<i>Dioscorea</i>)</p> <p>VEG: NON-STARCHY Condiments curry, mild</p> <p>Pickles gherkins, low-salt olives, rinsed</p> <p>Sauces salsa, mild ketchup, regular</p> <p>FRUITS apricot, dried apricot, fresh banana, ripe custard apple grapes, red or white kiwi mango melon, cantaloupe melon, horned papaya pineapple watermelon persimmon (sharon, kaki) pomegranate prickly pear prunes</p> <p>MEAT, offal brains heart liver thymus tongue</p> | <p>GRAIN PRODUCTS Bakery pumpernickel vollkornbrot black bread</p> <p>Breakfast Cereals All Bran oatmeal porridge</p> <p>Pasta Spaghetti (whole wheat)</p> <p>STARCHY VEG parsnip sweet potato (<i>Ipomoea batatas</i>) tapioca pumpkin rutabaga (swede)</p> <p>VEG: NON-STARCHY Condiments curry, medium</p> <p>Pickles sauerkraut gherkins, salty olives, salty</p> <p>Sauces salsa, hot</p> <p>FRUITS cranberries, sweetened dates, dried figs, dried prune juice raisins sultanas</p> <p>DAIRY cheeses, all kinds yogurt, all species/type</p> <p>MEAT, farmed veal</p> | <p>GRAIN SEEDS barley, cracked bulgur wheat corn (maize) corn on the cob oat bran oats rice, brown rice, instant rice, white rye sweet corn (mature) wheat einkorn emmer wheat spelt</p> <p>Pseudo Grains amaranth buckwheat quinoa wild rice</p> <p>GRAIN PRODUCTS Bakery all, except col.4, incl.:</p> <p>bagel baguette bread, rye bread, wheat bread, white bread, whole wheat bread, buckwheat buns, generally cakes cookies crackers, water/wheat crispbread croissant Danish pastry gateaux muffin pastry, generally pizza, all kinds tarts</p> | <p>SUGARS, SWEETENERS apple juice concentrate barley malt blackstrap molasses cane sugar date sugar fruit sugars golden syrup grape juice concentrate high fructose corn syrup invert sugar malt maple syrup molasses sugar, all including: sugar, brown sugar, icing, frosting sugar, table treacle</p> <p>Sugar Aliases & Variants dextrose galactose glucose lactose levulose maltodextrin maltose saccharose sucrose</p> <p>Artificial Sweeteners acesulfame K aspartame saccharin sucralose</p> <p>CONFECTIONARY candies chocolate, not cols. 2,3 energy bars fudge granola bar</p> |

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| <p>FATS & OILS Plant Oils Canola (rapeseed) oil flaxseed oil hemp oil walnut oil</p> <p>Fish Oils all fish oil, including: cod liver oil herring oil menhaden oil salmon oil sardine oil seal oil whale oil</p> <p>BEVERAGES water, all, water, distilled water, mineral water, mains potable water, purified</p> | <p>Meat Substitute mycoprotein (Quorn)</p> <p>FRUITS bilberry blackberry blackcurrants blueberry cherry cranberry, fresh elderberry gooseberry grapefruit nectarine raspberry redcurrants strawberry, wild whitecurrant</p> <p>MEAT, FARMED goat rabbit</p> <p>MEAT, OFFAL tripe kidney</p> <p>MEAT, GAME bison boar, wild buffalo caribou deer (venison) elk horse moose</p> <p>MEAT, EXOTIC crocodile escargots (snails) frog's legs turtle</p> | <p>POULTRY, WILD partridge pheasant quail duck, wild goose, wild pigeon</p> <p>FISH, FINFISH all other fish including: caviar cod haddock halibut monkfish orange roughly pike pollock roe sea bass sea bream skate tuna, canned tuna, fresh except col 1 turbot</p> <p>FISH, SHELLFISH all shellfish, including: calamari crab crayfish cuttlefish lobster mussels octopus prawns scallop whelks</p> | <p>Artificial Sweeteners stevia</p> <p>BEVERAGES cocoa, stevia coffee, Americano grapefruit juice sodas, non-cola, diet tomato juice, unsalted water, mineral, high sodium</p> | <p>SUGARS, SWEETENERS honey, in moderation Sugar Replacements isomalt lactitol maltitol mannitol sorbitol xylitol</p> <p>SALT & SODIUM salt substitute yeast extract, Marmite yeast extract, Vegemite stock cubes, low salt</p> <p>BEVERAGES apple juice, fresh cider, dry coffee, espresso coffee, strong colas, diet fruit juices generally orange juice, fresh pineapple juice, fresh port sherry, sweet soy milk substitute spirits: gin, whiskey etc tomato juice, salted wine, dry, white wine, dry, red sherry, dry</p> <p>FATS & OILS Plant Oils palm oil, saturated</p> | <p>POULTRY, farmed chicken, buffalo wings chicken, drumstick chicken, wings turkey, drumstick turkey, wings</p> <p>LEGUMES beans, adzuki beans, all chickpeas (garbanzo) lentils, green/red peanut butter peanuts hummus (chickpea dip) noodles, Chinese bean peas</p> <p>FATS & OILS beef dripping corn oil mayonnaise, lite mayonnaise, save col 2 peanut oil safflower oil spread, save col 2 sunflower oil</p> <p>SALT & SODIUM celery salt garlic salt seasoning, Maggi soy sauce stock cubes, all</p> <p>BEVERAGES beer, all types, styles cider fruit drinks liqueurs perry wine, dessert wine, sweet</p> | <p>Breakfast Cereals all, except col. 2, incl: hominy muesli</p> <p>Sundry corn starch couscous pancakes pie crust popcorn rice cakes rice pudding semolina waffles</p> <p>Pasta all except col. 2</p> <p>VEG: STARCHY potato, all types, styles</p> <p>VEG:NON-STARCHY</p> <p>Condiments chili pepper curry, hot</p> <p>LEGUMES peas, mushy soy, all products</p> <p>FATS & OILS Plant Oils hydrogenated oil, ALL margarine transfats, ALL</p> <p>Animal Fats butter cream lard shortening</p> | <p>jelly beans life savers M&Ms Mars bar muesli bars Nutri-Grain bar sweets, boiled toffee</p> <p>SALT & SODIUM bicarbonate of soda monosodium glutamate salt, all</p> <p>BEVERAGES chocolate "drinks" cappuccino coffee, milk milk shake yogurt drink colas, classic fruit juices, sweetened sodas</p> <p>DAIRY buttermilk ice cream, all kinds milk, all species/types whey</p> <p>MEAT, FARMED beef, all kinds lamb, all kinds pork, all kinds</p> <p>MEAT, PROCESSED beef burger cold meats, all frankfurter hamburger luncheon meat meat paste pate de foie gras salami, sausage Spam</p> |