

# Insulin Resistance Shopping



GOING SHOPPING

## FRUITS & VEGETABLES

- Fruits**
  - Berries
  - Green apples
  - Citrus fruits
- Non-starchy veggies**
  - Tomatoes
  - Pepper
  - Carrots
  - Onion
  - Cauliflower
  - Broccoli
  - Cabbage
  - Garlic
  - Spinach
  - Kale
  - Brussels sprouts
  - Asparagus
- Starchy veggies**
  - Sweet potatoes
  - Butternut squash
  - Beets

## DAIRY

- Milk
- Cheese
- Yogurt

## BEANS AND LEGUMES

- Black beans
- Lentils
- Chickpeas
- Peas

## WHOLE GRAINS

- Oatmeal
- Whole grain flour
- Brown rice
- Bulgur
- Quinoa
- Millet

## PROTEIN

- Meats**
  - Chicken breast
  - Turkey
- Fish**
  - Salmon
  - Tuna
  - Herring
  - Sardines
- Vegan**
  - Tofu
  - Tempeh
  - Soy

## HEALTHY FATS

- Olive oil
- Avocado
- Nut butters (peanut butter, almond butter, tahini, etc.)