For **Vegetables and Fruits**, choose various colors of the Rainbow weekly. Consider purchasing the organic version of the asterisked (*) items.

For **Fish/Seafood**, all the items listed are moderate-high in healthy fats, and lower in mercury.

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**VEGETABLES**

- **Green**
  - Artichokes
  - Avocado
  - Broccoli
  - Celery*
  - Cucumber
  - Green bell peppers
  - Kale
  - Salad greens
  - Spinach*
  - Swiss chard
  - Zucchini

- **Red**
  - Beets
  - Red bell peppers*
  - Tomatoes*

- **Orange**
  - Carrots
  - Orange/yellow bell peppers*
  - Squash (pumpkin, butternut, acorn squash)
  - Yam

- **Other Colors**
  - Cauliflower
  - Eggplant
  - Mushrooms
  - Potatoes
  - Purple cabbage

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**FRUITS**

- Apples*
- Bananas
- Berries (strawberries*)
- Grapes*
- Melon
- Nectarines*/peaches*
- Oranges
- Pears

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**SPICE/HERBS**

- Basil
- Cilantro, parsley
- Chives, green onion
- Garlic, onion

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**GRAINS**

**Whole Grains**

- Brown rice
- Couscous
- Corn, polenta, grits
- Oatmeal
- Quinoa
- Whole grain bread, tortillas, pita
- Whole grain cereal
- Whole grain pasta
- Other: Barley, bulgar, wheat berries, millet, kasha

**Other Grains**

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**MEATS, BEANS, DAIRY, FISH**

**Meat**

- Beef
- Chicken, turkey
- Luncheon meat
- Pork

**Vegetarian**

- Beans, lentils
- Hummus
- Nuts
- Nut/seed butter
- Seeds
- Tofu, edamame

**Dairy/Dairy Alternatives**

- Cheese
- Eggs
- Milk/milk alternative
- Yogurt

**Fish/Seafood**

- Fish (Atlantic/Sockeye Salmon, Atlantic/Pacific Mackerel, Freshwater Trout, Sardines, Catfish, Tilapia)
- Shellfish (Pacific Oysters, mussels, clams, crab, scallops, shrimp, squid)

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**OTHER ITEMS**

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For more information, visit [List of the Dirty Dozen and Clean Fifteen](https://www.ewg.org/foodnews/).