

# EATING

*on the*

# WILD SIDE

SHOPPING GUIDE BY JO ROBINSON

For optimum health, choose your fruits and vegetables from this list of exceptionally nutritious and delicious produce.

## VEGETABLES

### CABBAGE FAMILY

Broccoli, green or purple sprouting

Brussels sprouts

Cabbage, red or green

Cauliflower, white, green, or purple

Collard greens

Kale, any variety

Kohlrabi

Mustard greens

Savoy cabbage

Turnips

### GREENS

Arugula

Beet greens

Kale

Leaf lettuce, red or dark green

Radicchio

Spinach, bunch (not packaged or pre-cut)

### DRIED PEAS AND BEANS

Kidney beans

Lentils, any variety

Pinto beans

Red beans

Yellow peas

### ONIONS AND GARLIC

Bold-tasting (hot) onions

Chives, onion or garlic

Fresh garlic, any variety (Avoid processed garlic)

Leeks (Eat the white and green portions)

Red onions (bold, not mild varieties)

Scallions (Also called green or spring onions)

Shallots, any variety

### POTATOES

Potatoes with blue, purple, or red flesh

Russet potatoes (more nutritious than white or Yukon golds)

Dark-fleshed sweet potatoes (also called “yams”)

### OTHER ROOT CROPS

Beets, dark red

Carrots, dark orange, red, or purple (Bagged “baby” carrots are less nutritious)

### TOMATOES

Dark-red cherry, grape, or currant tomatoes

Small to medium-sized dark-red slicing tomatoes

Black or purple tomatoes, if available

Tangerine (orange) tomatoes



# EATING

*on the*

# WILD SIDE

## SHOPPING GUIDE BY JO ROBINSON

(CONTINUED)

### FRUITS

#### APPLES

Braeburn  
Cortland  
Jonathan  
Fuji  
Gala  
Granny Smith  
Liberty  
Honeycrisp  
Red delicious

#### BERRIES (FRESH OR FROZEN)

Blackberries  
Blueberries  
Boysenberries  
Cranberries  
Loganberries  
Marionberries  
Raspberries  
Strawberries

### CITRUS FRUITS

Blood oranges  
Cara Cara oranges  
Clementines  
Navel oranges  
Red grapefruit  
Tangelos (Honeybells)  
Tangerines  
Valencia oranges

### GRAPES AND RAISINS

Black, red, or blue grapes  
Currants (Zante)  
Golden raisins (contain sulfur)  
Muscat raisins  
Raisins made from red grapes

### MELONS

Dark-red watermelons  
Orange honeydew

### STONE FRUITS

Plums, purple, black, or red  
White-fleshed peaches or nectarines  
Bing cherries or other dark red cherries  
Sour cherries  
Queen Anne cherries (pie cherries)

### TROPICAL FRUITS

Golden pineapples (may be labeled “extra-sweet”)  
Mangoes  
Mexican papayas (Maradolos)  
Red and “Baby” bananas

---

For more detailed information, recipes, and more, read Jo Robinson's bestselling book *Eating on the Wild Side: The Missing Link to Optimum Health*. Also, visit her website [www.eatwild.com](http://www.eatwild.com)

