

Compass Nutrition Shopping Guide

| Whole Grains <i>25% of plate</i> | Proteins <i>25% of plate</i> | Vegetables <i>unlimited (fresh or frozen)</i> | Fruits <i>2 cups per day</i> | Miscellaneous |
|--|--|---|---|---|
| <input type="checkbox"/> Amaranth <input type="checkbox"/> Bagels, whole grain/ sprouted <input type="checkbox"/> Barley <input type="checkbox"/> Bread, whole grain/ sprouted <input type="checkbox"/> Brown rice <input type="checkbox"/> Bulgur wheat <input type="checkbox"/> Cold cereal, whole grain/high fiber <input type="checkbox"/> Corn* <input type="checkbox"/> Cornmeal/polenta* <input type="checkbox"/> Couscous, whole wheat <input type="checkbox"/> Crackers, whole grain <input type="checkbox"/> English muffin, whole grain/sprouted <input type="checkbox"/> Flatbread, whole grain <input type="checkbox"/> Kamut <input type="checkbox"/> Millet <input type="checkbox"/> Oatmeal <input type="checkbox"/> Pasta, whole grain/ quinoa <input type="checkbox"/> Pita, whole grain <input type="checkbox"/> Plantains <input type="checkbox"/> Popcorn <input type="checkbox"/> Potatoes, w/ skin* <input type="checkbox"/> Quinoa <input type="checkbox"/> Rye <input type="checkbox"/> Spelt <input type="checkbox"/> Squash, winter* <input type="checkbox"/> Sweet potatoes, w/ skin* <input type="checkbox"/> Teff <input type="checkbox"/> Tortillas, whole grain/ spouted <input type="checkbox"/> Triticale <input type="checkbox"/> Waffles, whole grain <input type="checkbox"/> Wheat berries <input type="checkbox"/> Yuca* | <input type="checkbox"/> Beans, dried or canned: <input type="checkbox"/> Black <input type="checkbox"/> Garbanzo <input type="checkbox"/> Kidney <input type="checkbox"/> Pinto <input type="checkbox"/> Refried, low-fat <input type="checkbox"/> White/cannellini <input type="checkbox"/> Lentils & peas <input type="checkbox"/> Nuts+seeds, raw/unsalted: <input type="checkbox"/> Almonds <input type="checkbox"/> Cashews <input type="checkbox"/> Hazelnuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Pecans <input type="checkbox"/> Pinenuts <input type="checkbox"/> Pistachios <input type="checkbox"/> Pumpkin/pepitas <input type="checkbox"/> Sesame <input type="checkbox"/> Sunflower <input type="checkbox"/> Walnuts <input type="checkbox"/> Bean/lentil soups & chili <input type="checkbox"/> Edamame <input type="checkbox"/> Hummus <input type="checkbox"/> Nut & seed butters: <input type="checkbox"/> Almond <input type="checkbox"/> Peanut <input type="checkbox"/> Sesame <input type="checkbox"/> Sunflower <input type="checkbox"/> Seitan <input type="checkbox"/> Tempeh <input type="checkbox"/> Tofu <input type="checkbox"/> Cheese, non-dairy or dairy <input type="checkbox"/> Cottage cheese, low-fat <input type="checkbox"/> Eggs <input type="checkbox"/> Greek yogurt, plain <input type="checkbox"/> Milk (w/calcium + D): <input type="checkbox"/> Almond <input type="checkbox"/> Dairy <input type="checkbox"/> Hemp <input type="checkbox"/> Oat <input type="checkbox"/> Rice <input type="checkbox"/> Soy <input type="checkbox"/> Veggie "meats" <input type="checkbox"/> Beef, lean <input type="checkbox"/> Chicken <input type="checkbox"/> Fish: fresh, frozen or canned <input type="checkbox"/> Pork <input type="checkbox"/> Shellfish <input type="checkbox"/> Turkey | <input type="checkbox"/> Artichoke <input type="checkbox"/> Asparagus <input type="checkbox"/> Beets <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Collard greens <input type="checkbox"/> Cucumber <input type="checkbox"/> Eggplant <input type="checkbox"/> Green beans <input type="checkbox"/> Green onions <input type="checkbox"/> Hearts of palm <input type="checkbox"/> Jicama <input type="checkbox"/> Kale <input type="checkbox"/> Leeks <input type="checkbox"/> Mushrooms <input type="checkbox"/> Mustard greens <input type="checkbox"/> Okra <input type="checkbox"/> Onions <input type="checkbox"/> Pea pods <input type="checkbox"/> Peppers, all colors <input type="checkbox"/> Pumpkin <input type="checkbox"/> Radishes <input type="checkbox"/> Rhubarb <input type="checkbox"/> Salsa <input type="checkbox"/> Salad greens: <input type="checkbox"/> Arugula <input type="checkbox"/> Endive <input type="checkbox"/> Romaine <input type="checkbox"/> Spring mix <input type="checkbox"/> Watercress <input type="checkbox"/> Spaghetti sauce <input type="checkbox"/> Spinach <input type="checkbox"/> Squash, summer <input type="checkbox"/> Swiss chard <input type="checkbox"/> Tomatoes <input type="checkbox"/> Tomato sauce <input type="checkbox"/> Tomatillos <input type="checkbox"/> Grape tomatoes <input type="checkbox"/> Turnips <input type="checkbox"/> Water chestnuts <input type="checkbox"/> Zucchini | <input type="checkbox"/> Apples <input type="checkbox"/> Applesauce (unsweetened) <input type="checkbox"/> Apricots <input type="checkbox"/> Bananas <input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Cherries <input type="checkbox"/> Clementine <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Honeydew <input type="checkbox"/> Kiwi <input type="checkbox"/> Mango <input type="checkbox"/> Nectarine <input type="checkbox"/> Orange <input type="checkbox"/> Papaya <input type="checkbox"/> Persimmons <input type="checkbox"/> Peach <input type="checkbox"/> Pear <input type="checkbox"/> Pineapple <input type="checkbox"/> Plum <input type="checkbox"/> Pomegranate <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Tangerines <input type="checkbox"/> Watermelon <input type="checkbox"/> Fruit cups (in own juice) | <input type="checkbox"/> Avocado/Guac <input type="checkbox"/> BBQ sauce <input type="checkbox"/> Beverages: <input type="checkbox"/> Coffee <input type="checkbox"/> Sparkling water <input type="checkbox"/> Tea, hot/iced <input type="checkbox"/> Water <input type="checkbox"/> Wine, red/white <input type="checkbox"/> Butter alternative, trans-fat free <input type="checkbox"/> Chocolate, dark <input type="checkbox"/> Cooking spray <input type="checkbox"/> Dried fruit <input type="checkbox"/> Cherries <input type="checkbox"/> Cranberries <input type="checkbox"/> Dates <input type="checkbox"/> Prunes <input type="checkbox"/> Raisins <input type="checkbox"/> Flaxseeds, ground <input type="checkbox"/> Frozen meals <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Herbs and spices, fresh and dried <input type="checkbox"/> Ketchup <input type="checkbox"/> Lemons/limes <input type="checkbox"/> Mayonnaise, light canola <input type="checkbox"/> Mustard <input type="checkbox"/> Oils: <input type="checkbox"/> Flax <input type="checkbox"/> Grapeseed <input type="checkbox"/> Olive <input type="checkbox"/> Peanut <input type="checkbox"/> Safflower <input type="checkbox"/> Sesame <input type="checkbox"/> Salad dressing <input type="checkbox"/> Sour cream, light <input type="checkbox"/> Sweeteners: <input type="checkbox"/> Agave <input type="checkbox"/> Barley malt syrup <input type="checkbox"/> Brown rice syrup <input type="checkbox"/> Honey, raw <input type="checkbox"/> Maple syrup <input type="checkbox"/> Vinegars |

*starchy vegetable