

# Shopping List

## General Food Suggestions

The following are general suggestions for whole foods that are typically safe to eat, provided you don't have any food allergies or sensitivities. I understand that organic foods can be more expensive, but, if possible, please choose organic options. I've highlighted the foods I strongly recommend buying organic, as many crops are often heavily sprayed with glyphosate (e.g., RoundUp).

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## Proteins

Protein should be included in every meal. You have a wide range of options to choose from, so it should be easy to find what works best for you. The foods are organized by their purine content.

**Purines** are natural substances found in certain foods and drinks. When your body breaks down purines, it produces **uric acid** as a byproduct. If you have **hyperuricemia** (high uric acid levels), you'll want to limit your intake of high-purine foods, as excessive uric acid can lead to **gout**, a form of arthritis caused by uric acid buildup.

Items marked with an asterisk (\*) contain milk. Try to minimize your intake of these foods, as milk can increase inflammation in the body. This effect can occur even if you are not sensitive to milk or lactose intolerant — dairy products tend to promote inflammation in general.

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## Food Sensitivities

Whichever foods you choose, make sure you don't have any allergies or sensitivities. Food sensitivities can be harder to detect, but you can identify them through an **elimination diet**. There is a separate post with details about elimination diets.

### High in purines

- Entrails
- Liver
- Anchovies
- Caviar
- Herring
- Mussels
- Sardines

### Low in purines:

- Cheese\*
- Cottage cheese\*
- Cream\*
- Eggs
- Kefir\*
- Milk\*
- Yogurt
- Tempeh

- Tofu
- Catfish
- Cod
- Flounder
- Haddock
- Halibut
- Perch
- Trout
- Tuna (light)
- Turbot

**Medium purine content:**

- Beef
- Crayfish
- Bacon
- Lobster
- Chicken
- Mackerel
- Duck
- Octopus
- Goose
- Oysters
- Kidneys
- Salmon
- Lamb
- Scallops
- Pork
- Shrimp
- Turkey
- Snails
- Veal
- Squid
- Game
- Tuna • Abalone
- Dried beans
- Clams
- Lentils
- Crabs
- Bacon
- Chicken
- Duck
- Goose
- Kidneys
- Lamb
- Pork
- Turkey

- Veal
- Game
- Clams
- Crab
- Crayfish
- Lobster
- Mackerel
- Octopus
- Oysters
- Salmon
- Scallops
- Shrimp
- Snails
- Squid  
(dark)
- Tuna (dark)
- Dried beans (starchy)
- Lentils (starchy)

**Low in purines and fat:**

- Chicken breast
- Turkey breast
- Lean pork
- Ham

**Nuts:**

- All suitable