



# Healthy Food

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## Veggies

- |                    |                 |
|--------------------|-----------------|
| Beets              | Peppers         |
| Broccoli           | Parsnip         |
| Bok choy           | Peas            |
| Cauliflower        | Romaine Lettuce |
| Corn               | Spirulina       |
| Cucumber           | Sweet           |
| Collard Greens     | Potatoes        |
| Cauliflower Leaves | Squash          |
| Chickweed          | Swiss Chard     |
| Carrots            | Tomatoes        |
| Dandelion Greens   | Turnip          |
| Green Beans        | Turnip Greens   |
| Jicama             | Watercress      |
| Kohlrabi           | Yams            |
| Kelp               | Zucchini        |
| Kale               |                 |
| Mustard greens     |                 |
| Okra               |                 |

## Treats

- Cheerios
- Hard Boiled Eggs
- Organic Baby Food
- Organic Popcorn
- Whole Wheat Pasta

## Fruit

- |                    |              |
|--------------------|--------------|
| • Apples           | Melon        |
| • Apricot          | Nectarine    |
| • Banana           | Oranges      |
| • Blueberry        | Plum         |
| • Cranberry        | Peach        |
| • Cherries         | Pineapple    |
| • Cactus Fruit     | Pomegranates |
| • Dehydrated Fruit | Pears        |
| • Figs             | Papaya       |
| • Grapes           | Raspberry    |
| • Kiwi             | Starfruit    |
| • Mango            | Strawberry   |

## Beans & Legumes

- |                |                   |
|----------------|-------------------|
| • Amaranth     | • Lentils         |
| • Almonds      | • Mung Beans      |
| • Brown Rice   | • Millet          |
| • Barley       | • Oats            |
| • Canary Seeds | • Quinoa          |
| • Couscous     | • Sunflower Seeds |
| • Flax Seeds   | • Safflower       |
| • Kamut        |                   |

## Notes

1. The grains must be cooked or sprouted.
2. Millet spray should only be offered as a treat.
3. Make sure all dehydrated fruits are Sugar free and sulfate free.
4. Oranges & Tomatoes should only be offered a few times a week due to acidity.
5. No foods should be cooked with oil, butter or salt.
6. Organic baby food should consist of only fruits/veggies and water no added sugars or other ingredients.
7. Popcorn must be organic and air popped no oil, salt or butter should be used.
8. Steaming is a good option for cooking the veggies.