

TruHealth™ System Approved Foods

You can't create sustainable, healthy eating without knowing where to start. Below is a shopping list that will help as you plan your meals. You can download and print this same list at library.mannatech.com/7819 and use it as your TruHealth Shopping list.

Vegetables (organic)			
<ul style="list-style-type: none">o Artichokeso Asparaguso Arugulao Bamboo shootso Basilo Bean sproutso Beetso Beet sproutso Bell peppers, any varietyo Bok choyo Broccolio Brussels sproutso Butternut squasho Cabbageo Carrotso Cauliflowero Celeryo Chardo Chiveso Coconuto Collard greenso Cucumberso Eggplanto Endiveo Fennelo Garlico Green beanso Hearts of palmo Jalapeño pepperso Jicamao Kaleo Leekso Lettuce (romaine)o Mushroomso Mustard greenso Okrao Onionso Parsnipso Pumpkino Radisheso Red pepperso Rutabagao Shallotso Spaghetti squasho Spinacho Sproutso Squasho String beans	<ul style="list-style-type: none">o Sweet potatoeso Swiss chardo Turnipso Wasabi rooto Water chestnutso Watercresso Yucca rooto Zucchini	<ul style="list-style-type: none">o Tomatoeso Watermelon*	<ul style="list-style-type: none">o Garlico Gingero Italian parsleyo Minto Oreganoo Paprikao Parsleyo Peppero Sea salto Turmeric
Fruits (organic)		Protein (organic/wild caught/free range/antibiotic and hormone free)	
<ul style="list-style-type: none">o Apples*o Apricots*o Avocados (in moderation)o Bananas*o Blackberrieso Blueberrieso Cantaloupeo Cherries*o Clementineso Coconuto Cranberrieso Dates*o Dried apricots*o Grapes, redo Grapes, whiteo Grapefruito Honeydew melono Kiwio Kumquatso Limeso Lemonso Mangoes*o Mulberries*o Melon, any varietyo Nectarines*o Oliveso Orangeso Papaya*o Peaches*o Pearso Pineappleo Plums*o Pomegranate*o Rhubarbo Raspberrieso Strawberries	<ul style="list-style-type: none">o Chicken breasto Chicken legso Chicken, wholeo Codo Eggso Halibuto Lean beefo Salmono Tunao Turkeyo Turkey breasto Wild game		
		Grains and Legumes (organic)	
		<ul style="list-style-type: none">o Beanso Lentilso Milleto Oatso Peaso Quinoao Wild/brown rice	
		Oils (organic)	
		<ul style="list-style-type: none">o Coconut oilo Gheeo Olive oilo Organic butter	
		Nuts/Seeds	
		<ul style="list-style-type: none">o Almondso Cashewso Chia seedso Hemp seedso Sunflower seedso Walnuts	
		Fresh Herbs/Spices (organic)	
		<ul style="list-style-type: none">o All spiceo Basilo Bay leafo Cayenneo Cilantroo Cinnamono Cloveso Cumin	
Broths (ready-made, organic)			
<ul style="list-style-type: none">o Beefo Chickeno Vegetable			
Miscellaneous			
<ul style="list-style-type: none">o Carob powdero Cocoa powdero Coffee/Teao Curry pasteo Dijono Hummuso Mustardo Seaweedo Vanilla extract			
Milk Substitutes			
<ul style="list-style-type: none">o Almond milko Coconut milko Hemp milko Oat milko Rice milk			
Sugars/Sweeteners			
<ul style="list-style-type: none">o Alluloseo Bananas*o Dates*o Honey, locally harvestedo Monk fruito Steviao Whole-leaf steviao Xylitol			
Water			
<ul style="list-style-type: none">o Coconuto Filteredo Mineralo Spring			

Items marked with an asterisk (*) are typically considered high glycemic. However, it's important to note that individual responses to foods can vary, and the way foods are prepared and consumed can also impact their glycemic effect. For personalized dietary advice, it's always best to consult with a healthcare provider or a dietitian.