

Low Nickel Raw Food Grocery Shopping List

by Christy Cushing at <http://nickelfoodallergy.com/>

Vegetables

- bell peppers (of every color)
- beets
- sweet potatoes
- yams
- red and white potatoes
- zucchini
- spaghetti squash
- butternut squash
- acorn squash
- pumpkin
- corn
- rhubarb
- asparagus
- cucumbers
- cilantro
- parsley
- celery
- carrots
- onions
- tomatoes
- turnips
- radishes
- eggplant
- broccoli
- cauliflower
- brussel sprouts
- garlic
- mushrooms

Meats (lean, organic and grass fed meat)

- beef
- chicken
- turkey
- bison
- lamb
- pork
- salmon
- halibut
- cod
- tuna (watch for vegetable broth as that usually contains undisclosed soy)

Fruits

- apples
- oranges
- lemons
- limes
- grapefruit
- tangerines
- clementines
- cherries
- strawberries
- blueberries
- boysenberries
- blackberries
- gooseberries
- papaya
- kiwi
- mango
- bananas
- pears
- apricots
- nectarines
- grapes
- watermelon
- honeydew melon
- cantaloupe

Grains & Wheat

- white rice
- white flour
- white bread (with no soy flour, soy lecithin or soybean oil)
- cornmeal
- barley
- rye
- pasta (that's not whole grain, not made from quinoa, doesn't include seed ingredients)
- popcorn

Miscellaneous

- milk
- cottage cheese
- sour cream
- yogurt (with no soy)
- eggs
- cheese (make sure to still read the ingredients)
- spices and cooking seasonings (make sure to still read the ingredients)
- tea (make sure to still read the ingredients, as sometimes it can include soy or soy lecithin)
- coffee
- honey
- olive oil
- canola oil
- cornstarch
- tapioca flour
- butter (without soy and packaged in paper)
- vanilla (in small quantities)
- baking powder (in small quantities)
- baking soda (in small quantities)