

12. Grocery Shopping List for M.O.M.

This worksheet is not a complete grocery list. It highlights foods that have been studied for their bioactive compounds and potential to support healthy mitochondrial function. Within the fruit and vegetable categories, foods are listed approximately according to the strength or distinctiveness of their current connection to mitochondrial health. This is not a strict best-to-worst ranking. Different foods provide different nutrients and bioactive compounds, and the greatest benefit comes from enjoying a wide variety over time.

Fruits

- ☐ Pomegranate
- ☐ Blueberries (including wild blueberries)
- ☐ Blackberries
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tart cherries
- ☐ Red or purple grapes
- ☐ Cranberries, fresh or unsweetened
- ☐ Apples, preferably with the skin
- ☐ Citrus fruits
- ☐ Kiwi

Protein Foods

- ☐ Beans (black, kidney, chickpeas/ garbanzo, etc.)
- ☐ Cottage cheese
- ☐ Eggs*
- ☐ Greek yogurt
- ☐ Lentils
- ☐ Salmon*
- ☐ Sardines*
- ☐ Tempeh
- ☐ Tofu

** Foods marked with an asterisk fit into more than one M.O.M. category and provide multiple nutrients that support healthy mitochondria.*

Spices & Herbs - See Worksheet 11, Ten Spices with Bioactive Compounds (Appendix A)

Beverages - See Worksheet 10, Choosing Drinks for Healthy Hydration (Appendix A)

Vegetables

- ☐ Broccoli
- ☐ Broccoli sprouts
- ☐ Brussels sprouts
- ☐ Kale
- ☐ Bok choy
- ☐ Cauliflower
- ☐ Red cabbage
- ☐ Beets
- ☐ Arugula
- ☐ Spinach
- ☐ Swiss chard
- ☐ Romaine lettuce
- ☐ Mushrooms
- ☐ Tomatoes
- ☐ Bell peppers (red)
- ☐ Onions
- ☐ Carrots
- ☐ Sweet potatoes
- ☐ Pumpkin

Healthy Fats & Oils

- ☐ Extra-virgin olive oil
- ☐ Avocados
- ☐ Avocado oil
- ☐ Chia seeds*
- ☐ Ground flaxseed*
- ☐ Pistachios*
- ☐ Pumpkin seeds*
- ☐ Walnuts*

Fermented Foods

- ☐ Greek yogurt*
- ☐ Kefir
- ☐ Kimchi or sauerkraut
- ☐ Tempeh*
- ☐ Walnuts*
- ☐ Fermented pickles

From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity**

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.