DIVERSITY IS POWER!

There's a lot here, isn't it? And surely, that's not all! So, don't hesitate. Add something more that we might have forgotten! 😊

VEGETABLES

• lettuces (romaine, iceberg, butterhead), arugula, spinach, lamb's lettuce, parsley,

• cabbage varieties: savoy cabbage, red cabbage, cone cabbage, Napa cabbage, kale, kohlrabi, broccoli, cauliflower

• Nightshades: bell peppers, eggplants, tomatoes, and other squash vegetables: zucchini, courgette, pattypan squash, pumpkin

• Root vegetables: carrots, celery, parsley root, beets, onion vegetables: onion, garlic, leek

FRUITS

• raspberries, strawberries, blackberries, blueberries, currants

• oranges, grapefruits, pomelo, tangerines

• apples, pears

• plums, peaches, nectarines, apricots, cherries, sour cherries

• watermelon, cantaloupe, pineapple, banana, mango, KIWI

• avocado

LEGUMES various beans, lentils, chickpeas, peas, split peas, broad beans, pasta and flours from legumes: lentil pasta, chickpea pasta, pea pasta, chickpea flour, lentil flour soy products: tofu, tempeh

EGGS preferably free-range

DAIRY natural yogurt, fruit yogurts (check ingredients!), homogenized curd cheese, ricotta cheese, kefir, skyr, buttermilk, cottage cheese, yellow and blue mold cheeses, butter, margarine

MEAT AND FISH

• cod, hake, haddock (MSC certificate), chicken, turkey, beef, pork

CARBOHYDRATE PRODUCTS

• cereal flakes: oat, spelt, rye, barley cereals

• grains: barley, bulgur, oat, buckwheat, millet, rice: brown, red, black

• bread: whole grain, rye, seeded, mixed, wheat

• pasta: preferably whole grain

• flours: wheat, spelt, oat, buckwheat, almond, potato, corn, coconut

NUTS, SEEDS, AND GRAINS

• walnuts, almonds, pecans, hazelnuts, brazil nuts, cashews

• flaxseed, chia seeds, sunflower seeds, pumpkin seeds, sesame seeds, poppy seeds

OILS

• rapeseed oil, olive oil, flaxseed oil (for cold use)

• from nuts, seeds, and grains

PLANT-BASED DRINKS

• oat, coconut, almond, rice, soy

Recommended those enriched with calcium!

Add your suggestions here:

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