



Beans & Peas • Frijoles & Legumbres

- Black Beans / Frijoles Negros
- Black-eyed Peas / Frijoles de Ojo Negro
- Edamame / Haba de Soja
- Chickpeas / Garbanzo
- Kidney Beans / Habichuelas Rojas
- Lentils / Lentejas
- Lima Beans / Habas
- Navy Beans / Frijoles Blancos
- Peas / Chicharo
- Pigeon Peas / Guandules
- Pinto Beans / Frijoles Pintos



Nuts & Seeds • Nueces & Semillas

- Almonds / Almendras
- Brazil Nuts / Nueces de Brasil
- Chia Seeds / Servillas de Chia
- Flaxseeds / Linaza
- Hazelnuts / Avellanas
- Peanuts / Cacahuates
- Pecans / Nuez Pecana
- Pumpkin Seeds / Semillas de Calabaza
- Sunflower Seeds / Semillas de Girasol
- Walnuts / Nueces



Grains • Granos

- Barley / Cebada
- Brown Rice / Arooz Integral
- Buckwheat / Alforfon
- Millet / Mijo
- Oats / Avena
- Quinoa / Quinoa
- Rye / Centeno
- Whole wheat / Trigo
- Whole grain Cornmeal / Harina de maiz de grano
- Whole wheat pasta / Pasta de trigo integral
- Wild Rice / Arroz Silvestre



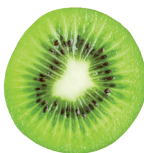
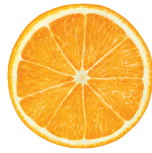
Notes



Super Foods Shopping List

Fruits • Frutas

- Apples / Manzanas
- Apricots / Albaricoques
- Bananas / Platanos
- Blackberries / Frambuesas
- Blueberries / Zarzamoras
- Boysenberries / Moras
- Cantaloupe / Melon
- Cherimoya / Chirimoyas
- Cherries / Cerezas
- Tangerines / Mandarinas
- Cranberries / Arandanos
- Currants / Grosellas
- Figs / Higos
- Grapefruit / Toronja
- Grapes / Uvas
- Guava / Guayaba
- Honeydew Melon / Melon Verde
- Kiwi / Kiwi
- Lime / Lima
- Mango / Mango
- Nectarine / Chabacano
- Oranges / Naranjas
- Papaya / Papaya
- Passion Fruit / Fruta de la Pasion
- Peaches / Duraznos
- Pears / Peras
- Persimmons / Persimmons
- Pineapple / Pina
- Plantain / Plantano macho
- Plums / Ciruelas
- Pomegranate / Granada
- Quince / Membrillo
- Raspberries / Franbuesas
- Rhubarb / Ruibarbo
- Strawberries / Fresas
- Tamarind / Tamarindo
- Watermelon / Sandia



Vegetables • Verduras

- Artichokes / Alcachofa
- Asparagus / Esparragos
- Beet Greens / Hojas de Remolacha
- Beets / Betabel - Remolacha
- Bell Peppers / Pimientos
- Bok Choy / Col china
- Broccoli / Brocoli
- Broccoli Rabe / Brocoli de rabe
- Brussel Sprouts / Coles de bruselas
- Butterhead Lettuce / Lechuga manterquilla
- Watercress / Berros
- Carrots / Zanahorias
- Collard Greens / Berza
- Cauliflower / Coliflor
- Celery / Apio
- Chayote / Chayote
- Chili Peppers / Chiles
- Coriander / Cilantro
- Corn / Elote
- Cucumbers / Pepino
- Dandelion Greens / Dientes de leon
- Eggplant / Berenjena
- Endive Greens / Endivias
- Green Beans / Ejotes
- Green Cabbage / Col Verde
- Green Onions / Cebolla Verde
- Iceberg Lettuce / Lechuga repollada
- Jicama / Jicama
- Kale / Col rizada
- Kohlrabi / Colibano
- Leeks / Poro
- Mushrooms / Setas
- Mustard Greens / Hojas de Mostaza
- Nopales / Nopales
- Okra / Okra
- Onions / Cebollas
- Parsley / Perejil
- Parsnips / Chirivia
- Portobella Mushrooms / Hongos portobello
- Red Cabbage / Col Roja
- Romaine / Lechuga Romana
- Snow peas / Tirabeques
- Spinach / Espinaca
- Swiss Chard / Acelga
- Tomato / Tomate
- Zucchini / Calabaza

