










Grocery List for FSHD

Goal - Adjust diet to increase high quality protein content, increase dietary antioxidants, and promote lower inflammation.

| Food Category | Food Items | Simple Preparation Choice | Nutrient/Supplement specifically associated with a food |
|---|---|---|---|
| High Quality Proteins  | Fresh Eggs or Egg Whites | Frozen Egg Whites | Essential Amino Acids (EEA). BCAA Leucine |
| | Note: can also get Omega-3 FA eggs | Frozen Egg Bites | |
| | | Frozen Quiche/Omelets | |
| | Fresh Milk | Dried Milk Powder- add to beverages and soups for increased protein content | Essential Amino Acids. BCAA Leucine |
| | Yogurt/Yogurt Drinks, Kefir Dairy Products | | EAA's, BCAA Leucine, Calcium, probiotics |
| | Cheese/Cottage Cheese | | EAA's, BCAA Leucine, Calcium |
| | Whey Protein Powders | Adding nuts/seeds to protein shakes maximizes nutrients | Essential Amino Acids. BCAA Leucine |
| | Chicken/Beef/Pork | Flash Frozen pre-portioned | |
| | Shellfish and other seafood | | |
| | Tofu, soy milk | | Only missing the EAA methionine. |
| | Quinoa | | EAA's |
| | Pea/Soy-based protein powders | | Only missing the EAA methionine. |
| | Fatty Fish - Salmon, cod, snapper | pre-portioned frozen packs, canned salmon, canned sardines, tuna | Omega 3 Fatty Acids |
| Berries |  | freeze-dried berries | polyphenols |
| Pomegranate |  | juice, frozen arils (seeds) | CoQ10 |
| Dark Chocolate | bars, dark hot chocolate, cocoa nibs | | |
| Leafy Green Vegetables |  | flash frozen vegetables | Vitamin C, Carotenoids, Folate |
| | | pre-cleaned and processed lettuce | |
| | | "green" shakes | |

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| Food Category | Preparation Ideas/Suggestions | | Nutrient/Supplement specifically associated with a food |
|-------------------------------------|---|---|---|
| Extra Virgin Olive Oil | for cooking and salads |  | MonoUnsaturated FA |
| Avocado Oil | for high heat cooking | | |
| Green Tea |  | | antioxidant |
| Nuts and Seeds | | | |
| Sunflower seeds & almonds | | | High in Vit E |
| Pumpkin seeds | roasted or raw -add to shakes, hot cereal |  | Trace minerals, protein |
| | add to yogurt, cottage cheese | | |
| | top salads | | |
| Ground flax seeds, walnuts | add to shakes, hot cereal | | Alpha Lipoic Acid |
| | add to yogurt, cottage cheese | | |
| | top salads | | |
| Hemp hearts-shelled hemp seeds | add to shakes, hot cereal | | Polyunsaturated FA, trace minerals, protein |
| | add to yogurt, cottage cheese | | |
| | top salads | | |
| Brazil nuts | 1 nut provides RDA for Selenium | | Selenium |
| Legumes | canned, low-sodium consumed with grains, and/or animal protein creates a higher quality protein combination |  | Vegetarian protein source, fiber, iron |
| Whole wheat and/or sourdough breads | Whole wheat bread has more trace minerals, fiber. Sourdough bread has slower gluten development. |  | |