

Whole Foods

BRAIN HEALTHY GROCERY LIST

This grocery list is based on evidence-based diet recommendations from the New England Journal of Medicine¹

VEGETABLES:

- 16oz Whole Foods Chopped Kale: **\$3.49**
- 16oz Whole Foods Frozen Organic Chopped Kale: **\$2.69**
- 5oz Organic Girl Fresh Baby Spinach: **\$4.49**
- 16oz Whole Foods Frozen Chopped Spinach: **\$2.09**
- 16oz Earthbound Farm Fresh Organic Carrots: **\$1.49**
- 10oz Frozen Stahlbush Island Farms Tri-colored Sliced Carrots: **\$4.29**
- Bushel of Fresh Organic Collard Greens: **\$2.69**
- 1-pint Whole Foods Organic Grape Tomatoes: **\$3.79**
- Whole Foods Tricolor Bell Peppers: **\$4.99**
- Fresh Broccoli Crowns: **\$2.49/lb**
- 32oz Whole Foods Frozen Broccoli Florets: **\$4.79**
- Canned Whole Foods Organic No Salt Added Cut Green Beans: **\$1.99**
- Canned Organic Westbrae Natural Low Sodium Black Beans: **\$3.69**

FRUIT:

- 11oz Fresh Driscoll's Blueberries: **\$6.99**
- 1lb Whole Foods Frozen Blueberries: **\$3.29**
- 1-pound Fresh Strawberries: **\$7.99**
- 10oz Whole Foods Frozen Strawberries: **\$3.19**
- Fresh Navel Oranges: **\$1.69/lb**
- Organic Mixed Berries: **\$12.99/lb**
- 2-pounds Whole Foods Frozen Sliced Strawberries and Bananas: **\$3.41**
- Fresh Bananas: **\$0.55/lb**

PROTEIN:

- Boneless Skinless Chicken Breasts: **\$6.99/lb**
- Organic Boneless Skinless Chicken Thighs: **\$5.99/lb**
- 1-pound Organic Ground Turkey Breast: **\$9.99**
- King Salmon Fillet: **\$28.99/lb**
- 2-pounds Frozen Wild-Caught Value Pack, Sockeye Salmon Fillets: **\$29.99**
- Wild Planet Wild Pink Salmon 3oz Package: **\$3.99 each**
- 4.25oz Canned Wild Sardines in Spring Water: **\$3.49 each**
- 4.4oz Wild Planet Wild Mackerel Fillets: **\$3.49 each**
- Fresh Whole Spanish Mackerel: **\$8.99/lb**

NUTS & GRAINS:

- 30oz Aurora Natural Organic Walnuts: **\$22.49**
- Golden Boy Whole Raw Almonds: **\$2.99/lb**
- Whole Foods Market Pecan Halves: **\$13.79/lb**
- 10oz Whole Foods Unsalted Roasted Pistachios: **\$8.99**
- 32oz Bob's Red Mill Organic Old Fashioned Oats: **\$7.69**
- 8.8oz Tasty Bite Organic Brown Rice Microwavable Pouch: **\$2.69**
- 4.2oz Organic Cooked Quinoa: **\$2.49**
- 80oz Whole Foods Long Grain Brown Rice: **\$4.19**
- 24oz Whole Foods Organic Sandwich Whole Wheat Bread: **\$4.29**

MISCELLANEOUS:

- 1-Liter Frankies457 Extra Virgin Olive Oil: **\$36.99**
- Decaffeinated Bigelow Green Tea 20 Count Tea Bags: **\$3.59**
- 32oz Whole Foods Organic Plain Greek Yogurt: **\$5.39**
- 2.38oz Simply Organic Ground Turmeric: **\$7.29**

*Prices included on the sheet are estimates and based on current 2025 prices in Texas

*This information sheet was created by a study team at UT Health San Antonio as a resource for providers, but has not been reviewed by the Whole Foods Market, Inc..

***It's important to always consult your physician before making any significant changes to your diet.**

1. Barnes, L. L., Dhana, K., Liu, X., Carey, V. J., Ventrelle, J., Johnson, K., Hollings, C. S., Bishop, L., Laranjo, N., Stubbs, B. J., Reilly, X., Agarwal, P., Zhang, S., Grodstein, F., Tangney, C. C., Holland, T. M., Aggarwal, N. T., Arfanakis, K., Morris, M. C., & Sacks, F. M. (2023). Trial of the MIND Diet for Prevention of Cognitive Decline in Older Persons. The New England journal of medicine, 389(7), 602-611. <https://doi.org/10.1056/NEJMoa2302368>