



Your AMD Diet Shopping List

This shopping list includes the top sources of the nutrients that make up the AMD diet along with foods that contain several of the nutrients you should be eating. Pick the foods you like best, and mix it up from week to week, you eat some of these every week. (Talk to your doctor before making changes to your diet.)

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|--|---|
| <input type="checkbox"/> Kiwi fruit | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Oranges and grapefruit | <input type="checkbox"/> Green and red peppers |
| <input type="checkbox"/> Mangoes | <input type="checkbox"/> Black-eyed peas, chickpeas or lentils |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Lean beef |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Chicken breast |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Pecans |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Sunflower or pumpkin seeds |