






# 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			
	<b>SOY FOODS</b> Tofu, soy milk, soy nuts, tempeedamame		Only missing the EAA methionine. <b>SOY ISOFLAVONES</b> improve FSHD muscle differentiation	
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/Citrus	freeze-dried berries	polyphenols, flavonoids		
Pomegranate	juice, frozen arils (seeds)	Polyphenols-anthocyanins		
Dark Chocolate (70%+)	bars, dark hot chocolate, cocoa nibs	polyphenols-Flavonoids, phenolic acids		
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		MonoUnsaturated FA
Green Tea			antioxidant
<b>Nuts and Seeds</b>			
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, chia seeds	add to shakes, hot cereal, soak chia seeds in beverage overnight		Alpha Lipoic Acid, antioxidant
	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		
Purple corn powder	purple corn or purple corn powder	add to shakes, yogurt, beverages (1/2 tsp)	High antioxidant/anti-inflammatory properties due to anthocyanidins
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. 