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.)

- Kiwi fruit
- Sweet Potatoes
- Cantaloupe
- Carrots
- Oranges and grapefruit
- Green and red peppers
- Mangoes
- Black-eyed peas, chickpeas or lentils
- Watermelon
- Lean beef
- Spinach
- Chicken breast
- Kale
- Tofu
- Broccoli
- Pecans
- Zucchini
- Sunflower or pumpkin seeds