



# Oak Healthy Foods Hub

Dear Oakland Community,

Eating healthy is one of the best ways to take care of ourselves and our families. Oakland has a vibrant community, and together we can embrace healthier eating habits to improve our well-being. Here's why it matters and how you can get started:

## Why Healthy Eating is Important

**Boost Your Energy:** Nutritious foods like fruits, vegetables, whole grains, and lean proteins provide the energy you need to stay active and productive.

**Prevent Health Issues:** A balanced diet can help prevent chronic diseases such as diabetes, heart disease, and hypertension, which are common in our community.

**Support Mental Health:** Eating well can improve your mood and reduce stress, helping you feel your best every day.

**Build Strong Bodies:** Nutritious food helps children grow and develop properly and keeps adults strong and healthy.

## Simple Steps to Eat Healthier

**Incorporate More Fruits and Vegetables:** Aim to fill half your plate with fruits and vegetables at every meal.

**Choose Whole Grains:** Swap white bread and rice for whole grain options like brown rice, quinoa, and whole wheat bread.

**Opt for Lean Proteins:** Include sources like chicken, fish, beans, and nuts in your diet.

**Reduce Sugary Drinks:** Drink water, herbal teas, or homemade fruit-infused water instead of sodas and sugary juices.

**Cook at Home:** Preparing meals at home allows you to control ingredients and make healthier choices. Resources in Oakland.

**Local Farmers' Markets:** Fresh, locally-grown produce is available at our community farmers' markets. Support local farmers and enjoy nutritious foods.

**Community Gardens:** Get involved in community gardens where you can grow your own vegetables and learn about healthy eating.

**Nutrition Workshops:** Attend workshops and classes offered by local health organizations to learn more about cooking and nutrition.

## **Join Us in Making a Change**

Healthy eating is a journey, and small changes can make a big difference. Let's work together to create a healthier East Oakland for ourselves and future generations.

For more tips and resources on healthy eating, visit [local community health center or website].

**Stay healthy, Oakland!**



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## Rush Bowls

[rushbowls.com](http://rushbowls.com)

If you need something that makes you feel nourished, look no further than Rush Bowls on 17th Street & Webster. Launched in 2019, owners and Oakland natives Robert and Shamani Walker set out to educate and promote healthy eating in the community they love and are raising their children in. Offering various smoothies and fruit bowls, you have the option to customize your toppings and boosters, including non-dairy options. Have a furry friend who wants to indulge? Try their Bow Wow bowl!

**Visit: 350 17th Street, Oakland, CA**

## Shangri-La Vegan

[shangri-lavegan.com](http://shangri-lavegan.com)

This Shangri-La Vegan location offers a variety of health-conscious options, including simply prepared vegetables, brown rice, and kidney beans, all served with a side of collard greens and salad. The set menu, which changes twice daily, provides both moderate and full plate sizes to suit different appetites. For those seeking a less seasoned option, there's a no-salt, no-spice menu available.

**Visit: 4001 Linden St, Emeryville, CA 94608**

## Brown Sugar Kitchen

[brownsugarkitchen.com](http://brownsugarkitchen.com)

Known for chef and owner Tanya Holland's fried chicken, cornmeal waffles, and other soul food favorites, Brown Sugar Kitchen has become a household name to many Bay Area residents for over a decade. The restaurant has received multiple Michelin Bib Gourmand awards. In 2014, Holland authored the Brown Sugar Kitchen Cookbook filled with 86 recipes that are sure to make you the star of your own kitchen.

**Visit: 2295 Broadway, Oakland, CA 94612**

## Golden Lotus Vegan Restaurant

[goldenlotusvegan.co](http://goldenlotusvegan.co)

Golden Lotus, a family-run vegan Vietnamese restaurant, features a range of healthy options including spring rolls, salads, and nutrient-rich soups like the spicy curry soup with sweet potato and tofu. Their menu includes plant-based imitation meats and offers Thai iced tea with almond milk and vegan desserts like pumpkin cheesecake. Affordable pricing and a weekday lunch buffet make it an accessible choice for nutritious dining.

**Visit: 1301 Franklin St, Oakland, CA 94612**



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**Zenful Juice**  
[zenfuljuice.com](http://zenfuljuice.com)

Zenful Juice is a vibrant juice bar and healthy food café offering fresh, organic, and locally sourced ingredients to nourish your body and mind. With options like superfood smoothies, acai bowls, and avocado toast, they provide delicious and nutritious meals and snacks free from added sugars and artificial ingredients. Catering to diverse dietary needs, Zenful Juice ensures all menu items can be made gluten-free and vegan without additional cost.

**Visit: 377 17th St, Oakland, CA 94612**

**Lulu**  
[lulusolano.com](http://lulusolano.com)

Lulu offers a fresh, modern take on Palestinian cuisine, incorporating Chef Mona's childhood influences and her experience in top Bay Area restaurants. The menu emphasizes healthy, seasonal ingredients, featuring daily fresh-baked mana'eesh, pastries with traditional flavors, and a diverse seasonal brunch available every day. With a focus on locally sourced produce and nutritious options, Lulu provides the community with delicious and wholesome meals.

**Visit: 1106 Solano Ave, Albany, CA 94706**

**The Lumpia Company**  
[thelumpiacompany.com](http://thelumpiacompany.com)

The Lumpia Company offers a diverse menu of lumpia, featuring traditional pork, chicken adobo, vegan, and dessert options, catering to a variety of dietary preferences. They emphasize healthy choices by including vegan lumpia and using fresh, high-quality ingredients. This innovative take on Filipino cuisine provides the community with both delicious and nutritious options.

**Visit: 288 9th Ave, Oakland, CA 94606**

**Wahpepah's Kitchen**  
[wahpepahskitchen.com](http://wahpepahskitchen.com)

Wahpepah's Kitchen, led by Crystal Wahpepah, an enrolled member of the Kickapoo nation, offers the community nutritious dishes rooted in Native food sovereignty and ancestral knowledge. Crystal emphasizes the health benefits of Indigenous food practices, sourcing ingredients mindfully from connected lands and communities. Her restaurant not only provides wholesome meals but also educates on sustainable and ethical nourishment, contributing to the reclamation of Native culinary traditions.

**Visit: 3301 East 12th St Suite #133, Oakland, CA, 94601**



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**Mezzo**  
[mezzo-berkeley.com](http://mezzo-berkeley.com)

Mezzo, established in 1983, offers the community hearty salads and sandwiches made with fresh, homemade ingredients. This casual eatery prides itself on healthy options, including their signature honey wheat bread and poppyseed dressing, prepared right in front of customers. With a welcoming environment and a spacious outdoor patio, Mezzo provides a delightful and health-conscious dining experience.

**Visit: 2442 Telegraph Ave, Berkeley, CA 94704**

**The Saap Avenue**  
[thesaapavenue.com](http://thesaapavenue.com)

The Saap Avenue in Oakland, CA, offers the community a taste of Laotian cuisine with a focus on fresh, wholesome ingredients and vibrant flavors. Each dish is prepared with care, following traditional family recipes that emphasize healthy, nutrient-rich foods. Enjoy a nutritious meal in a welcoming atmosphere, perfect for casual dining or a special night out.

**Visit: 4395 Piedmont Ave, Oakland, CA 94611**

**Humbowl**  
[humbowleats.com](http://humbowleats.com)

Humbowl offers a healthy fast-food alternative with a focus on whole foods, providing a balanced combination of whole grains, fresh vegetables, and lean proteins. Each meal is cooked to order, ensuring quick and nutritious dishes that cater to a variety of dietary needs. Enjoy a delicious, health-conscious meal in a convenient counter-service setting, perfect for those seeking fast yet wholesome options.

**Visit: 2975 College Ave, Berkeley, CA 94705**

**Plenty**  
[plentyoakland.wixsite.com/website](http://plentyoakland.wixsite.com/website)

Plenty, a bright corner eatery, offers healthy create-your-own bowls, toasts, salads, and coffee drinks. Dedicated to making wholesome food affordable and delicious, Plenty disproves the myths that healthy food tastes bland and is expensive. With fresh, preservative-free meals that can be enjoyed on the go or at home, Plenty ensures that a nutritious diet is accessible to all.

**Visit: 1825 San Pablo Ave, Oakland, CA 94612**



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**alaMar Dominican Kitchen**  
[alamarokland.com](http://alamarokland.com)

alaMar Dominican Kitchen, helmed by Bravo TV's Top Chef Nelson German, offers a modern twist on traditional Dominican seafood dishes. This Uptown Oakland spot showcases German's rich culinary background with health-conscious, authentic regional fare, reflecting his commitment to both taste and sustainability. The menu blends fresh, contemporary takes on classic recipes, making wholesome, flavorful Dominican cuisine accessible to the community.

**Visit: 100 Grand Ave #111, Oakland, CA 94612**

**Kitava**  
[kitava.com](http://kitava.com)

Kitava offers a menu of comforting, nutritious meals crafted from whole ingredients like fresh vegetables, mindful meats, and healthy fats. Their commitment to health is evident in their use of clean, unprocessed ingredients, avoiding common allergens, unhealthy oils, and artificial additives. By prioritizing local, sustainable sourcing and full ingredient transparency, Kitava ensures that their delicious dishes are both nourishing and supportive of a healthy lifestyle.

**Visit: 375 40th St, Oakland, CA 94609**

**Roasted and Raw**

[roasted-and-raw.squarespace.com](http://roasted-and-raw.squarespace.com)

Roasted and Raw, founded by chef Imani Greer, offers a vibrant menu focused on fresh, plant-based meals tailored to promote healthy eating. Drawing from Greer's diverse culinary background, the restaurant provides nutritious bowls made to order, featuring a fusion of global flavors. Located in downtown Oakland, it stands as a beacon for the community's demand for wholesome, health-conscious dining options.

**Visit: 607 14th St, Oakland, CA 94612**

**Shewhat Cafe**  
[shewhatcafe.com](http://shewhatcafe.com)

At Shewhat Cafe, Chef Abby Dair offers a delightful taste of traditional Ethiopian and Eritrean cuisine with a focus on healthy, homemade dishes. The Shewhat Combo, a popular choice, features nutrient-rich chicken and spinach tibsya, paired with a fresh side salad. This Black- and women-owned establishment emphasizes flavorful, wholesome ingredients that reflect a deep commitment to quality and community.

**Visit: 6101 Shattuck Ave., Oakland, CA 94609**



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**Mela Bistro**  
[melabistro.com](http://melabistro.com)

Mela Bistro offers a healthy dining experience with its modern Ethiopian cuisine, featuring a range of vegan, vegetarian, and meat dishes. Chef Adiam crafts her dishes using fresh herbs and robust Ethiopian spices, creating flavorful, nutritious meals. Visit Mela Bistro in uptown Oakland to enjoy wholesome food and exceptional hospitality.

**Visit: 35 Grand Ave, Oakland, CA 94612**

**Cali Alley**  
[calialley.com](http://calialley.com)

Cali Alley, a takeout window in West Berkeley run by chef Dov Sims, offers a range of fresh and unique foods with a focus on comfort and quality. Their menu includes wholesome options prepared with care, ensuring a delightful and healthy experience for the community. Enjoy curbside pickup in a relaxed, contact-free environment while savoring delicious, health-conscious meals.

**Visit: 1012 Grayson St, Berkeley, CA 94710**

**Coco Breeze Caribbean Restaurant and Bakery**  
[cocobreezeco.myshopify.com](http://cocobreezeco.myshopify.com)

At Cocobreeze Caribbean Restaurant & Bakery, Executive Chef Annabelle Goodridge blends traditional Trinidadian flavors with health-conscious options. The menu features nutrient-rich superfood juices, a variety of vegan and gluten-free dishes, and freshly prepared Caribbean classics. This vibrant eatery offers both delicious and wholesome choices, ensuring a nutritious dining experience for the Bay Area community.

**Visit: 2370 High St, Oakland, CA 94601**

**Ruth's Buka**  
[ruthsbuka.com](http://ruthsbuka.com)

Ruth's Buka offers a taste of authentic African cuisine with a focus on healthy, homegrown ingredients and spices. Our dishes, crafted from traditional recipes, are made with fresh, natural components that emphasize nutritional value and rich flavors. Experience a delightful blend of wholesome, family-oriented meals that bring a touch of Africa to your table.

**Visit: 5250 Foothill Blvd, Oakland, CA 94601**



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**Peaches Patties**  
[peachespatties.com](http://peachespatties.com)

Peaches Patties, a San Francisco-based Jamaican catering company, offers a healthy twist on traditional Caribbean cuisine with its fresh, homemade patties and dishes. Founder Shani Jones emphasizes the use of wholesome ingredients and vibrant Jamaican spices to deliver authentic flavors while promoting a nutritious eating experience. This family-inspired business provides a taste of Jamaican culture through its flavorful and health-conscious menu.

**Visit: 2948 Folsom St, San Francisco, CA 94110**

**Keep the Beat Recipes**  
[healthyeatingnih](http://healthyeatingnih)

The National Heart, Lung, and Blood Institute (NHLBI) is pleased to present Keep the Beat™ Recipes: Deliciously Healthy Dinners. This cookbook—the first in a new series—shows how to prepare and enjoy tasty recipes that are good for your heart and your health. Keep the Beat™ Recipes: Deliciously Healthy Dinners showcases new dishes that were created just for the NHLBI that have an American, Latino, Mediterranean, or Asian flair. The recipes are also reasonably quick and easy to prepare—a must for busy adults and families! Also included are food preparation tips and suggestions for serving the recipes.