

GROCERY STORE GUIDE (1/2)

Produce:

- This is the key missing ingredient in the American diet, especially the very nutritious dark, leafy greens. Fill your cart up with a rainbow of produce for good health! The darker the color the more nutritional value.
- Organically grown means it was grown without pesticides, chemical fertilizers, or genetically modified organisms.
- Look for locally grown, seasonal produce for the best value and nutrition.
- Healthiest to least: organic and fresh →→ fresh →→ frozen and organic →→ frozen →→ canned

Deli / Salad Bar:

- Great way to try a new vegetable if it's chopped up at the salad bar or make a healthy pizza topped with a variety of produce items at the salad bar.
- Fresh nuts and seeds.
- Great "fast food" option – read ingredients.
- If purchasing deli meat, ask for natural brands that are MSG, gluten, antibiotic / hormone free and nitrate/nitrite.

Meat/ Fish/ Seafood:

- Meats---** Look for grass---fed or pasture raised beef.
- Avoid nitrates
- Watch salt in cured meats
- Look for ground beef that is at least 90% lean.

- Fish---** Watch for fish high in mercury (swordfish, tilefish, mackerel)
- Fatty fish are higher in omega 3s (salmon, tuna)
- The American Heart Association recommends at least 2 fish meals per week

- Poultry and eggs** – organic, free –range, antibiotic/ hormone free, vegetarian fed, cage free

Dairy:

- Cheese: organic, whole fat, pastured, and grass fed
- Butter: grass---fed, rBGH and rBST hormone free
- Sour cream/ cottage cheese: organic and whole fat
- Yogurt: plain, whole fat, organic, and grass fed
- Milk/ Cream: grass fed and organic

If choosing non organic dairy, choose low fat since pesticides bio accumulate in the animal fat tissues.

GROCERY STORE GUIDE (2/2)

Bakery:

- Homemade** whole grain breads, gluten-free baked *goods* are available. Look for "whole-grain" as the first ingredient, at least 2-3 grams of fiber per serving and less than 140mg sodium per serving.
- Prepackaged** bread has been sitting out for a long time without mold because they are filled with preservatives and often contain high fructose corn syrup

Freezer:

- Natural and gluten free bread**
- Fruit** – choose organic with no added sugars
- Vegetables** – choose organic with no sauces
- Frozen food products**--- many contain large amount of salt and are highly processed

Inner Aisles

Can be hard to navigate and filled with foods that are full of chemicals and preservatives. To navigate, stick to the below items:

- Olive oil and coconut oil
- Balsamic and other vinegars
- Olives
- Organic condiments without added sugars
- Packaged tuna and salmon (wild caught)
- Organic cooking products like sauces and broth (no added sugars)
- Pasta alternatives like quinoa pasta, wild rice, brown rice
- Nuts and seeds
- Coffee and tea
- Sea salt and spices