

Health Food Tour Guide



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HEALTH FOOD STORE TOUR

PRODUCE

Most Americans do not eat enough fresh fruits and fresh vegetables. 90% of all groceries purchased in the U.S. are processed foods. We all need to eat more produce! We absorb vitamins, minerals and phyto-nutrients best from whole foods rather than supplements.

When shopping the produce section, keep the following in mind.

- Organic is always best, especially for the “dirty dozen” by the EWG.org
- Color –Try to buy a variety of colors
- Texture- Look for smooth skin, squeeze and smell for ripeness
- Seasonal- Buy what’s in season and look for locally grown produce to ensure freshness

ORGANIC

- Organic – the label should read 100% USDA Certified Organic
- This means that it was grown with no pesticides, GMO’s, fertilizers, no synthesizing, no bioengineering or GMO’s, no radiation or sewage sludge
- Look at the PLU – there will be a “9” followed by a 4 digit number. The “9” indicates that it is organic.
- *Non*-organic produce will usually begin with the number 4.
- Be sure to check the labels in case a non-organic fruit or vegetable was placed into the bin of organic produce.

Local – Locally grown produce is much fresher and therefore more nutritious than food which may be jet lagged and picked several days ago. Buying local also supports the local community and economy. Look for weekend farmer’s markets and buy with these priorities in mind:

- | | |
|--|-------------------------------|
| 1. Local and Organic | 3. Organic |
| 2. Local (but not necessarily organic) | 4. Conventional (non-organic) |

According to the EWG.org, always buy the following organic due to the amount of pesticides sprayed on the following crops. Pesticides are usually absorbed into the produce which can’t be removed by washing or peeling:

- | | |
|---------------|------------------------------------|
| 1. Apples | 7. Grapes (imported) |
| 2. Peaches | 8. Celery |
| 3. Nectarines | 9. Spinach |
| 4. Berries | 10. Sweet bell peppers |
| 5. Zucchini | 11. Lettuce and other leafy greens |
| 6. Pears | 12. Potatoes |

For more information and a printable guide, go to: www.EWG.org

SEASONAL EATING

Try to eat produce which is in season. Search out farmer's markets or buy a farmer's subscription for fresh and local produce. In season foods are less expensive and usually more fresh and nutritious.

Aruveydic philosophy encourages seasonal eating:

Spring – produce is more light and refreshing. They replace the heavier 'warming' foods we ate during the winter.

Summer – Juicy/watery foods are cooling and refreshing

Ex: cucumbers, watermelon

Most fruits are at their peak in July and August: peaches, watermelon, raspberries, and blueberries

Fall & Winter: When the weather gets cooler, foods become heavier and more warming, i.e. meats, squashes, etc:

RAW FOODS:

Loaded with enzymes, incorporate as many raw foods as possible into your day. By having a salad or two per day, fruit snacks or veggies and dip, and juicing or making a smoothie, you can easily get more raw foods into your diet.

VEGETABLES: Have many known health benefits, including helping to prevent many diseases and health issues.

COLOR

Greens – A majority of your daily vegetable servings should be green!

Ex: Kale, collard greens, mustard greens, rappini, swiss chard, arugula, romaine, etc

- Loaded with nutrients such as calcium, magnesium, zinc, vitamin's A, C, E, K, fiber and chlorophyll
- Strengthens the immune system
- Good for bone health
- Thins the blood, be cautious if on blood thinners
- Kale is a nutritional powerhouse, loaded with antioxidants. You can eat a whole bunch of kale for less than 50 calories.
- All greens are protective for diseases such as; cancer, eye and heart disease, and arthritis. Very easy to cook as well. Steam in a pan with a little hot water, or sauté with olive oil, onions and garlic.
- Splash a little vinegar or lemon juice on the greens to make it easier for the body to absorb the calcium.
- Make crispy kale by tossing with only a smidge of olive oil, laying flat on a cookie sheet, sprinkle with garlic salt and bake at 400 until browned around the edges.

Red – High in nutrients and phytochemicals

Ex: radishes, red peppers, pomegranates, tomatoes, strawberries, apples, cherries, watermelon

Orange –

Ex: oranges, carrots, sweet potatoes (more nutrients than yams)

- Benefits vision, bone growth, healthy skin and cardiovascular system
- Contains beta carotene, vitamin A, C, potassium, fiber, folate, antioxidants, and phytochemicals
- Bake sweet potatoes with olive oil, cinnamon and agave nectar and eat at the end of your meal. They taste like dessert with a pumpkin pie texture.
- Try making sweet potato fries by cutting sweet potatoes into strips and baking at 400 degrees for 30 to 35 minutes

Yellow –

Ex: yellow squash, lemons, yellow peppers

- Keep lemons on hand to add flavor and for cleaning
- Use freshly squeezed lemon juice when making soup stocks. Acid will help leach calcium from chicken and meat bones making a calcium rich broth.
- Chop organic peppers, onions, squash and carrots and roast with olive oil for one hour for a delicious vegetable dish which can be reheated for days.

White – Onion and garlic are often called “pharmacy foods”

Ex: artichokes, fennel, parsnips, onions, garlic, ginger, cauliflower

- reduces cholesterol and reduces blood pressure
- Onion, garlic and ginger are antibacterial, antifungal and high in phytochemicals — they are natural antibiotics

Purple/Blue -

Ex: Eggplant, beets, purple cabbage, blueberries, blackberries

- Rich in antioxidants, fiber and vitamin C
- prevent early signs of aging and heart disease
- good for memory

***Cruciferous Vegetables-**

Cruciferous vegetables should be eaten on a regular basis as they are rich in fiber, and will help reduce cholesterol and estrogen levels. (Cauliflower, cabbage, broccoli, Brussels sprouts, radishes, etc). They are believed to help prevent many types of cancer.

FRESH HERBS – Grow in the summer or all year round in the window. Leftover herbs can be stored in the freezer.

ROOT VEGETABLES:

- Delicious and full of essential nutrients and fiber.
- Low in calories.
- Have lots of natural sugar so they’re great for reducing sugar cravings.

- High in antioxidants, which develop as they grow underground and have to protect themselves from bacteria underground.
- Sweet Potatoes: Very high in antioxidants and vitamin E. Cut and boil or bake with cinnamon and agave.
- Beets: High in iron and folate. Delicious roasted with sea salt and coconut oil, or steamed in a food steamer and drizzled with olive oil.

NOTE: Avoid if you have Type 2 Diabetes, sugar imbalances and Candida overgrowth. Always eat with leafy greens to keep blood sugar levels constant.

MUSHROOMS

Shitake and Mitake mushrooms are medicinal mushrooms and have anti-cancer properties, boost immunity and increase longevity.

ROOTS

Ginger and turmeric aid good digestion, nausea and boost immune systems. They are also great to fight H. pilory.

SPROUTS

Sprouted beans, seeds, herbs, grains are easier to digest. No need to cook them so they provide more nutrients and enzymes. Great for salads. Sunflower sprouts are filled with protein and chlorophyll.

ALOE VERA

Aloe is a medicinal plant. It has amazing healing properties: excellent for digestion, supports the immune system, lowers cholesterol and blood sugar, full of vitamins and minerals, good for skin conditions and hair growth.

PROTEIN

MEAT

- Buy the best quality meat you can find
- Many Americans eat too much meat. Involved in high risk of cardiovascular disease.
- Be sure to check the dates
- Go with the highest quality meat: “Organic and Free Range”- USDA Organic. Grass fed beef is most ideal and healthiest.
 - *Organic meats:* Means the animal was given only 100% organic feed without any ground up animal parts. This is an important safeguard against mad-cow disease. Also could not have been given; antibiotics, bovine human growth hormones, or other drugs. Also could not have had their genes genetically modified.
 - *Free Range or Graze:* Means the animals were raised in a more humane condition. They were allowed to spend time outdoors in the fresh air and

- had access to a natural food source such as grass for cows and bugs for chickens, which is the best food for them.
 - *Be cautious with foods which are labeled “natural”.* On anything, including meat. There are no regulations on this word, so it is often used as a sales term, and means you have to investigate further to see what they mean.
 - Look for lean, antibiotic/hormone free meats. Free range or grass fed is best.
- A serving of meat at one sitting should be no larger than the size of the palm of your hand. Everybody has to eat protein everyday but eat meat not too often.

FISH

- Fatty, oily fish are high in omega 3 fatty acids, which are important for reducing inflammation and for brain function. This benefits everyone, but especially those with arthritis, heart disease, eye disease, or high cholesterol. Protective against blood clots, lowering triglycerides, raises HDL, and preventative of heart arrhythmias. Try to eat three servings a week. Example of fish high in omega 3's include; mackerel, lake trout, sardines, albacore tuna, and salmon.
- *Wild caught fish:* Raised in their natural environment and had free access to plankton and krill, which converts to omega 3's for us. Also gives them their natural colorings and a higher nutritional value.
- *Salmon:* Sockeye salmon can't be farmed, it's not possible. Therefore all sockeye salmon is wild caught. Sockeye salmon also contains the least amount of mercury.
- *Be cautious with farmed fish:* Raised in pens, fish are packed in very closely together which creates a higher chance for disease, so they may be fed antibiotics. They also are often pumped full of hormones to make them grow faster and bigger. They are fed food pellets instead of their natural food. Often fed colorings as well to make them look more enticing in the store.
- Ask how fresh the fish is and if you can smell it. If it smells fishy, it may not be fresh.
- Smaller fish (non-predatory) that swim near surface contain less mercury
- Canned fish is a great item to keep in the pantry for a quick dinner. Salmon, sardines (great source of calcium), anchovies are all great in pastas and salads.
- Make salmon patties with Deming red sockeye salmon, (cleaned of skin and large bones), egg, chopped onion and breadcrumbs. Make into patties and sauté in olive oil or bake on a cookie sheet for 15-20 minutes at 375, turning once half way through.
- Scallops: Farmed is the best way to go here. Wild scallops are traditionally harvested by dredging the sea floor, which causes environmental damage. Buy scallops labeled 'dry'—otherwise they've been treated with sodium tripolyphosphate. The industry claims that it's a preservative, but the real reason it's used is that it causes the meaty tissue to absorb up to 50 percent of its weight in water. It's the biggest case of consumer fraud in the seafood industry.
- When buying:
 - Look at color -- Gills should be red, eyes should be clear, not glazed

- Tight skin, equally-clean smell
- Always ask when fish came in – if it's been on display for more than a day or more, don't buy it
- Find out where the fish is from, avoid fish from China

Recommendations from The EPA:

By following these 3 recommendations for selecting and eating fish or shellfish, women and young children will receive the benefits of eating fish and shellfish and be confident that they have reduced their exposure to the harmful effects of mercury.

1. Swordfish, King Mackerel, or Tilefish can contain higher levels of mercury.
2. Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.
 - Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
 - Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.
3. Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. If no advice is available, eat up to 6 ounces (one average meal) per week of fish you catch from local waters, but don't consume any other fish during that week.

EGGS

- Good source of vitamin D
- Brown or white eggs depend on the type of hen, one is not healthier than the other.
- Eggs are fine to eat in moderation

Look for:

- "Organic"
 - "free range"
 - "organic fed" or vegetarian fed
 - Check location and buy locally if possible, preferable from local farms.
- Don't bother with the fancy designer "omega 3" eggs. Omega 3's are highly perishable and can possibly make the eggs spoil quicker.

BEANS, PEAS AND LENTILS

- Excellent source of vegetable protein.

- Provide fiber and complex carbohydrates.
- Delicious, nutritious, and inexpensive.
- Easy to cook on the stove or in the Crockpot.
- Store in an airtight container, **not** in the refrigerator.
- Use beans within a year and lentils within six months.
- Great bean to try is the adzuki bean. Sweeter and easier to digest.
- Soups with beans are easy to make and store well in the fridge or freezer

NUTS AND SEEDS

- All nuts are seeds, but all seeds are not nuts!
- Can add a lot of flavor to dishes and are great for snacking.
- High in phytosterols, a substance that lowers your cholesterol naturally.
- Top five seeds and nuts to lower cholesterol:
 - sunflower seeds
 - pistachios
 - pumpkin seeds
 - pine nuts
 - whole flaxseeds, freshly ground
- Nuts contain potassium and magnesium, both of which help lower blood pressure.
- *Almonds*: Great source of protein and calcium.
- *Sesame Seeds*: Great source of calcium, sprinkle onto salads or greens.

COMMON FORMS OF SOY PROTEIN (I avoid soy as much as I can!)

Tofu –

- can be highly allergenic for many
- raises estrogen levels

Tempeh –Fermented soybean cake. (Many health experts recommend avoiding processed forms of soy, but encourage fermented types of soy).

Seitan – wheat gluten

- Many people think it's similar to meat
- Many people are sensitive to wheat gluten
- Good option if allergic to soy but not wheat gluten

Soy Milk- Highly processed form of soy, not recommended.

DAIRY

- Most people are allergic to dairy. Adults do not have the enzymes needed to digest dairy products.
- Dairy is the cause of many allergies, mucous and digestive issues
- Dairy can make other allergy symptoms worsen
- To test to see if allergies to dairy, try the elimination diet: Eliminate all dairy for 2-3 weeks.

- Make note of any improvements, such as a chronic runny nose ceasing, or improved throat clearing, snoring, digestive issues, etc.
- Goat milk & goat milk products such as cheese are easier on the digestive system
- My favorite milk alternatives are the almond, rice and coconut milks. I use them on cereals, in smoothies, and in place of milk in all recipes. Look for unsweetened versions, although the rice milks have natural sugars from the rice so they are naturally sweeter (but can rise the blood sugar levels).

CONDIMENTS

A great way to spice up vegetables, soups, whole grains, salads, etc. Many delicious condiments are healthy and low calorie.

- *Spices and Herbs*: Experiment with fresh and dried and use liberally.

Salty –

- Tamari: Made from ground sesame seeds, is loaded with calcium and excellent when making hummus or on salads, vegetables, etc.
- Mustard: Gives a lot of flavor without very little fat or calories. Helpful for digestion. Antifungal, antibacterial, antiseptic, and has anti-inflammatory properties.

Sour –

- Apple cider vinegar: Great on greens, lentil and bean soups. Anti-bacterial, anti-fungal. Helps to make the calcium in greens more absorbable for our bodies. Slows the rate of which food empties from the stomach, which makes us feel full longer. Great alternative to cleaning solutions. Heal the gut lining, prevents indigestion and acid reflux.
- Balsamic – a sweeter form of vinegar. Great on roasted vegetables and salads.
- Lemons and limes- Delicious on vegetables, fish, poultry, greens, soups, etc

Spicy –

- Cayenne, red pepper flakes, hot sesame seed oil, mustard
- Ketchup and barbeque sauce-Look for brands sweetened with agave

Nutty –

- Nut butters: Try organic almond butter, raw and unsweetened. Peanut butter contains a mold, which is inherent to the peanut crop, called an aflatoxin, a known carcinogen. If peanut butter is a regular part of your diet, consider switching to almond butter which has more nutrients than peanut butter. Organic peanut butter will have less aflatoxins.
- Tahini

SPICES

Many spices have medicinal properties

Turmeric/Curry

- Anti-inflammatory antioxidant

- promotes digestion of protein
- reduces joint pain
- dissolves gall stones
- lowers cholesterol
- reduces menstrual pain
- protects the skin from forming cancerous cells

Cinnamon

- Cinnamon helps keep blood sugar levels stable and can be helpful for controlling blood sugar in borderline diabetics
- Is a natural food preservative and inhibits the growth of bacteria and food spoilage
- One study found that smelling cinnamon boosts brain function and memory
- ½ teaspoon a day lowers LDL cholesterol

Sea Salt

- Look for “naturally harvested” sea salt – It has a grayish tint and looks damp.
- Sea salt is loaded with more vitamins and minerals than table salt
- It costs a little bit more but adds a different dimension that table salt doesn’t

Himalayan Salt

- Look for pink Himalayan salt. Pure and uncontaminated from the Himalayan mountains.

From the Mercola.com website:

Containing all of the 84 elements found in your body, the benefits of natural Himalayan Crystal Salt include:

- 1. Regulating the water content throughout your body.**
- Promoting a healthy pH balance in your cells, particularly your brain cells.
- 3. Promoting blood sugar health and helping to reduce the signs of aging.**
- Assisting in the generation of hydroelectric energy in cells in your body.
- 5. Absorption of food particles through your intestinal tract.**
- Supporting respiratory health.
- 7. Promoting sinus health.**
- Prevention of muscle cramps.
- 9. Promoting bone strength.**
- Regulating your sleep -- it naturally promotes sleep.
- 11. Supporting your libido.**
- Promoting vascular health.

13. In conjunction with water it is actually essential for the regulation of your blood pressure.

FATS AND OILS

- We need fat for many reasons from brain function to vitamin absorption
- *Healthy* fats are essential to good health
- Look for extra virgin which are least processed
- Avoid processed oils
- Oils should be in a dark bottle as light destroys and speeds up rancidity
- Store where it will be protected from heat and light
- Don't buy the large plastic tubs from warehouse clubs. Buy only what you will use in three months time to prevent oxidation.
- *Olive Oil:* A very healthy source of fat that reduces the risk of heart disease and other diseases. Look for extra virgin, which is cold pressed. Not great to cook with however, best for low temperature up to medium heat. Once an oil smokes, it becomes toxic and can become hydrogenated, a Trans fat. Look for a dark glass bottle to protect from heat and light.
- *Coconut Oil:* Coconut oil has a very high smoke point, which makes it great for cooking with. Requires extra energy to digest, which can increase metabolism. Look for virgin or extra virgin. Can be used on the skin as a lotion, and is anti-fungal. Believed to assist with weight loss. It is a saturated fat so it is solid at room temperature.

For low heat cooking: use sesame and olive

For high heat cooking: use coconut oil, grape seed oil or avocado oil

To learn more about the health benefits of coconut oil and many other health topics, visit:

www.Mercola.com

BULK

- Usually more cost effective to buy in bulk, cheaper by the ounce than pre-packaged.
- You can buy just a sample of something to try which is great for trying something new.
- Less packaging is better for the environment.
- Bulk items are sold quickly so freshness is the same or better than what is on the shelf.
- Bins are not refilled until completely empty.

You will find these various items in the bulk section

- Whole grains
- Beans
- Nuts and Seeds

- Flours
- Granolas
- Trail Mix
- Candy
- Oats, whole oat and steel cut are recommended and preferred over rolled

CEREAL

- Be cautious and read labels. Many of the cereals have lots of sugar, preservatives, refined flours, etc. and are easy to eat several servings at one sitting.
- Look for ones that are made with whole grains and are high in fiber. Recommended intake of fiber is at least 25 grams per day, look for a cereal with at least 5 grams of fiber per serving. Be careful of sugar, look for 5 grams of sugar per serving or less.

WHOLE GRAINS

- Amaranth- High in fiber and nutrient rich, with a high concentration of lysine, an essential amino acid.
- Brown Rice-High in fiber, lowers cholesterol, many other health benefits
- Couscous-Look for whole wheat.
- Millet- Wheat-free with essential amino.
- Pearled barley-Lightly milled to retain all of the germ and at least two thirds of the bran.
- Popcorn-Healthy snack, minimize the butter.
- Quinoa-Known as a super food, high-protein and loaded with calcium grain has a great nutty flavor. Great as a side dish or use in soups.
- Rye- High-protein, low-gluten grain has slowly digesting complex sugars.
- Spelt-Similar to wheat but has 30% more protein and more digestible.

PASTA AND FLOURS

- Many pasta brands are made with refined flours, which digest very quickly and impact our blood sugar levels. A better alternative to many pasta brands are the types of pasta made with whole grain ingredients, such as brown rice and quinoa. They are delicious and do not taste much different than traditional pasta. Whole wheat pasta is very healthy, but taste and texture may not be enjoyable depending on your taste preference.
- Great for people who are gluten intolerant
- Buckwheat pasta noodles – can eat it cold or hot with broth
- In making refined white flours, grains are milled to remove up to 80% of the grains nutrients and much of the flavor is lost in the process. Whole grain flours have more vitamins, minerals, fiber and flavors. Look for organically grown for the best flavor.
- Whole grain flour must be refrigerated in moisture-tight containers. Use them within 2-4 months of purchase.

FLOUR ALTERNATIVES

In making refined white flours, grains are milled to remove up to 80% of the grains nutrients and much of the flavor is lost in the process. Whole grain flours have more vitamins, minerals, fiber and flavors. Look for organically grown for the best flavor.

Whole grain flour must be refrigerated in moisture-tight containers. Use them within 2-4 months of purchase. Recommended flours due to their versatility include brown rice flour, quinoa flour, and oat flour. Amaranth flour is sweet and good for baking recipes.

BREAD

The first thing to look for is *whole* wheat flour as the first ingredient. Whole wheat flour contains the entire grain and all its health benefits. Be careful if it just lists “wheat flour”. You want whole grain wheat, or oat flour. I personally like sprouted breads. Sprouted grains have been allowed to sprout before being ground. Once it sprouts, the grain contains a higher amount of nutrients. Check to see how much sweetener is added, and avoid breads (and everything else) that has been sweetened with high fructose corn syrup. Also, avoid hydrogenated or partially hydrogenated oils.

In any processed food, be cautious of items that contain ingredients you can’t pronounce or if you have no idea what the ingredient is.

BREAKFAST

Studies show that people who eat breakfast have better concentration and are able to more easily control their weight, eat less over the course of the day compared to those who don’t eat breakfast, and perform better in athletic competitions.

Pay attention how your body reacts to various breakfasts such as protein (eggs, Ezekial toast w/almond butter, chicken sausage, etc.), whole grains (oatmeal, amaranth cereal, etc.) or carbohydrates (fruit, toast w/jelly, boxed cereal, etc.).

SUGAR

Sugar is very addictive and is the cause of inflammation.

Sugar does not support our health and causes:

- Hypoglycemia
- Diabetes
- High cholesterol
- Mood swings
- Depression
- Tooth decay
- Energy crashes
- Hormone fluctuation
- Disease

Sugar is used by food manufacturers to get consumers to become addicted to their food

products and as a marketing ploy. Most processed foods are loaded with sugar, and usually it's the cheapest form of sugar in the form of high fructose corn syrup. HFCS is processed by the liver and excess sugar makes the liver fatty.

RULE OF THUMB: There are 4 grams of sugar per one teaspoon, which is equal to one packet of sugar.

One 12 oz can of pop has approximately 40 grams of sugar. That is almost 10 tsp of sugar in 1 can of soda.

A great option to refined, processed, empty calorie sweeteners are natural sweeteners. Unrefined sweeteners generally contain more flavor and undergo minimal processing techniques. They are very concentrated so a little goes a long way.

Honey –

- Can be helpful for allergy symptoms
- will affect blood sugar levels
- raw honey has natural enzymes
- should never be fed to children under the age of two

Maple syrup –

- contains minerals and enzymes
- also affects blood sugar levels

Agave nectar –

- comes from the agave cactus from which tequila is made
- Is sweeter than sugar, substitute for sugar and use 25% less in recipes that call for sugar
- Really high content in fructose which doesn't turn into energy and transform into fatty acids.

Barley malt –

- tastes similar to molasses
- use for baking or to sweeten tea
- enters the blood stream slowly and is safe for most diabetics

Brown rice syrup –

- Has a smooth, buttery flavor
- doesn't impact blood sugar levels

Stevia-

- is made from an herb
- be sure to buy 100% Stevia, **not** Tru-via
- lowest glycemic index

Xylitol

- made from sugar alcohol
- inhibits the bacteria which causes tooth decay
- use in moderation, can cause stomach upset

TEA AND COFFEE

- Tea can be effective for a variety of ailments
- Tea does contain caffeine, so read the label, but typically contains less than half the caffeine of coffee cup for cup
- Tea is the most commonly consumed beverage in the world besides water. Black, green, and red teas are all high in antioxidants. Studies have linked teas to a lower risk of cancer, blood clots, and lowered cholesterol levels.

Herbal Teas:

- Made from herbs, flowers, roots, spices, or other plants, grasses, nuts, barks, or botanicals.
- Great for relaxation, digestion, sleep, colds, or other ailments.
- You can drink them hot or cold.

Green and Black Tea

- Promote digestion
- Are cooling in the summer
- Have ten times the antioxidants of fruits and vegetables
- Contain high amounts of polyphenols and antioxidants. Green tea reduces many types of cancer risks.
- Detoxifying and protects cells from free radicals.
- Drink at least two cups a day to maximize health benefits

Coffee –

Look for Organic and Fair Trade (farmers and workers are being treated fairly)

Coffee can have adverse effects on our bodies:

- Contributes to fibrocystic breast disease
- raises blood pressure
- increases stress levels
- can cause an acidic ph
- may raise bad cholesterol

If you are trying to get off coffee,

- switch to “half caf”
- then to decaf (also negatively affects cholesterol levels)
- or try grain coffee: ex. Teechino

BEVERAGES

Use caution when buying juice, bottled teas, ‘natural’ sodas, vitamin waters, etc. Many contain as much sugar as pop.

Recommended beverages: water, sparkling water, unsweetened teas or sweetened with natural sweeteners, and kombucha.

Kombucha- Fermented tea which has many reported health benefits. Tastes like a combination of sparkling apple cider and champagne. Synergy brand has many flavors with varying low amounts of sugar. Strawberry and grape are excellent flavors for those who are trying it for the first time. Don’t use if you suffer of Candida overgrowth, it adds more yeast to your digestive system.

Homemade Healthy Tea- In the summer, I like to experiment with different flavors of tea and herbs such as mint, rosemary, basil, etc. Brew a pot of sun tea and then add ice and a natural sweetener of your choice if desired.

SEA VEGETABLES (i.e. Seaweed)

- Sea vegetables contain high amounts of B vitamins, calcium, and many minerals
- Kombu is excellent for cooking. You can just add few pieces to soups, grains, beans and stew, etc. It will tenderize the food and make it more digestible decreasing acidity. It won’t leave your food tasting fishy. You can remove it at the end if you wish if it hasn’t disintegrated
- Sea vegetables are excellent for detoxification
- There are over 75 species eaten around the world.
- Sea vegetables are easy to prepare and store. You can eat as is, but soaking it will improve its digestibility. Save soaking water for soups, grains, and for watering plants (it’s a great natural fertilizer)
- Easy to keep and lasts for years
- Look for organic sea vegetables
- Helps the body detoxify

Most popular sea vegetables:

Hiziki –

Nori Strips –

- Usually used for sushi
- Good for wounds, can speed healing time.

Wakame –

- Used in miso soup

Arame

Agar agar

Kuzu –

- Great thickener (substitute for corn starch and flour)

Dulse-

Smoked flavor, can be eaten as a snack right out of the bag

NOTE: Dry seaweed is a fantastic snack and substitute of potato chips

FROZEN FOODS

- Great for stocking up on convenience and emergency items
- Avoid brands that are packaged in plastic trays and recommend microwaving. Baking is better than microwaving, never microwave food in plastic.
- If you are a busy person, use organic frozen fruits and vegetables in a timely manner. Nutrients will begin to break down after several months. Throw out any frozen food that you know has been in the freezer too long.
- Frozen veggies: great to have on hand for a quick dinner side dish
- Frozen fruit: great for smoothies (strawberries, peaches, mango, etc)
- Frozen meat and fish: Buy antibiotic and hormone free, wild caught, etc.

SNACK FOODS

They should be avoided as they are processed foods. At Whole Foods, the snacks are at least free of artificial colors and flavors, artificial sweeteners and hydrogenated oils so eat with moderation. Just because something is sold at a health food store doesn't mean it's healthy though! All processed snack foods are high in calories and fat and do not support our bodies in being healthy.

Read labels!!!

Healthy Choices

- Trail Mix (no added sugar)
- Dark Chocolate – with at least 80% cacao – antioxidants that increase good HDL
- Mary's Gone Crackers- great crunch and very healthy ingredients
- Blue Diamond Nut & Rice Crackers- Gluten free and delicious. Try with a little hummus
- Health Valley amaranth or oat bran crackers. Thin, crispy and slightly sweet, similar to graham crackers. Healthy replacement for cookies, delicious with a cup of tea.
- Rice cracker
- Ztii
- **Homedale snacks are my preference**

SUPER FOODS

Powders and seeds that are great in smoothies, salads or breakfast.

- Camu is a great source of vitamin C
- Lucuma is a natural sweetener and have a lot of antioxidants.

- Hemp seeds are full of protein, omega fatty acids and fiber. Great to boost your morning and workout.
- Maca powder balances the hormones and gives a lot of energy. Also great for a workout.
- Cacao has a lot of Magnesium, Phosphorus, Iron and antioxidant. Good for decreasing anemia.
- Goji berries are full of antioxidants. They are used in Chinese medicine. Good for heart, brain, eyes, increase the hormone HDH.
- Spirulina (dietary supplement used in Chinese medicine) is a blue-green algae used as a source of dietary protein, B-vitamins, and iron.

BODY CARE

Some companies make personal skin care products that are safe enough to eat. Other companies choose to use ingredients that are known carcinogens or have developmental toxins. Nearly all of these chemicals can penetrate the skin. More than 1/3 of all personal care products contain at least one ingredient linked to cancer. Due to loopholes in the law, companies can put virtually any ingredient into personal care products. The FDA does not require companies to test their products for safety.

- None of the personal care products carried at Whole Foods Are tested on animals.
- These products help to decrease your everyday exposure to and absorption of chemicals and toxins.
- Try them out and see what products work for you.

Antiperspirants –Natural, effective and aluminum free. Look for mineral salt ingredients.

Toothpaste – Look for natural ingredients. Tom's is a recommended brand.

Lotions, creams – Check the EWG.org rating list and avoid toxin ingredients (Parabens, etc)

Bath Salts-Excellent for detoxifying while bathing. The salt draws out toxins and impurities.

Top 6 Skin Care Ingredients to avoid:

1. Fragrance
2. Alpha and Beta Hydroxy Acids (AHA's, BHA's, lactic acid, glycolic acid)
3. Parabens (methylparaben, propylparaben, etc)
4. Triethanolamine
5. Iodopropynyl butylcarbamate
6. Triclosan

For more information: www.CosmeticsDatabase.com

NATURAL HOME CLEANING

- Most stores offer healthier alternatives to cleaning solutions. Conventional cleaners contain toxic chemicals that aren't allowed in the workplace due to OSHA regulations, but we are allowed to buy, use in our homes and risk exposure

to our families. Safer alternatives protect us and our families from harmful chemicals and related health risks. Consider supporting these types of companies to protect yourself and the environment. They work great and smell fantastic.

- Recommended brands: Method, Mrs. Meyers, and Seventh Generation

BASIC SHOPPING TIPS:

- Don't shop when you're hungry, and always bring a list. Try to stick to the list as much as possible.
- Avoid plastic containers whenever possible.
- When given the choice over buying food in cans, plastic or glass, always choose glass. Foods absorb chemicals found in can linings and plastics.
- Consider storing food in wax paper bags, they are inexpensive and better for us and the environment
- Foods that contain the following three additives are definitely foods that we want to avoid as much as possible:
 - 1) Sodium nitrite -- causes cancer, found in processed meats like hot dogs, bacon, and sausage. Used to make meats appear red (a color fixer chemical).
 - 2) Hydrogenated oils -- causes heart disease, nutritional deficiencies, general deterioration of cellular health, and much more. Found in cookies, crackers, margarine and many "manufactured" foods. Used to make oils stay in the food, extending shelf life. Sometimes also called "plastic fat."
 - 3) Excitotoxins – Aspartame, Splenda, other artificial sweeteners, and monosodium glutamate (MSG). These neurotoxic chemical additives directly harm nerve cells, over-exciting them to the point of cell death, according to Dr. Russell Blaylock. They're found in diet soda, canned soup, salad dressing, breakfast sausage and even many manufactured vegetarian foods. They're used to add flavor to over-processed, boring foods that have had the life cooked out of them.

*Note: MSG can be hidden under the following names: autolyzed, hydrolyzed, yeast extract, tortula yeast.

How To Read A Label



Label Reading Guidelines

For any processed foods in a bag, box or can:

What to avoid

Saturated fat~ as low as possible, ideally less than 5 g/serving

Trans fat~ ideally zero

Hydrogenated or partially hydrogenated~ means trans fats

Sodium~ Less than 2400 mg per day. The FDA allows entrees to be labeled “healthy” if they have less than 480 mg per serving, and less than 360 for other types of foods

High Fructose Corn Syrup~ Cheap form of sweetener which metabolizes in the liver

“Enriched” or “wheat” flour~ means white flour which has been stripped of fiber. Look for “whole wheat” or “oat” flour

Sugar, “ose” endings~ Sucrose, fructose, etc all mean sugar. Look for less than 5 grams per serving.

Products to buy

With as few ingredients as possible (try no more than 3 ingredients)

Ingredients you can pronounce and know what they are

Fiber~ 3 grams per serving or more

Whole grains~ One of the top three ingredients

Fruits and vegetables~ Fresh or dried (without added sugar), in whole form

Tips at a glance

1. Ingredients on a label are listed from highest to lowest by weight. Items listed first are main ingredients; items listed last would be least.
2. Avoid ingredients you can’t pronounce or recognize which are possibly unhealthy such as artificial preservatives, flavorings, etc (soy).
3. Divide grams of sugar by 4 to get the amount in teaspoons per serving. Four grams of sugar is equal to one teaspoon, or packet, of sugar. Most soda has about 40 grams of sugar; divided by 4 is ten

- teaspoons.
4. Most packages contain more than one serving. Measure out a serving so you don't consume more calories, fat, sodium, etc than originally planned.
 5. Items might have several types of sugar, cane juice, sucrose, fructose, honey, etc which may not be toward the top of the ingredient list but if added together might be.
 6. To determine your daily protein needs, divide your weight in pounds by 2.2 to get weight in kilograms. Multiply that number by 0.8.

USDA's Daily Reference Values (DRVs)

(Based on 2,000 calories a day for adults and children over 4 only)

Food Component	DRV
fat	65 grams (g)
saturated	fatty acids 20 g
cholesterol	300 milligrams (mg)
total carbohydrate	300 g
fiber	25 g
sodium	>2,400 mg
potassium	3,500 mg
protein**	50 g

*Keep in mind that this is just a guideline. We all need to evaluate how much protein, fiber, complex carbohydrates, etc that we need base on our own bio individuality. Most of us should get more than 25 grams of fiber per day.

Top 3 grocery store ingredients to avoid:

1) **Sodium nitrite** -- causes **cancer**, found in processed meats like hot dogs, bacon, sausage. Used to make meats appear red (a color fixer chemical).

2) **Hydrogenated oils** -- causes **heart disease**, nutritional deficiencies, general deterioration of cellular health, and much more. Found in cookies, crackers, margarine and many "manufactured" foods. Used to make oils stay in the food, extending shelf life. Sometimes also called "plastic fat."

3) **Excitotoxins** -- aspartame, monosodium glutamate and others (see below). These neurotoxic chemical additives directly **harm nerve cells**, over-exciting them to the point of cell death, according to Dr. Russell Blaylock. They're found in diet soda, canned soup, salad dressing, breakfast sausage and even many manufactured vegetarian foods. They're used to add flavor to over-processed, boring foods that have had the life cooked out of them.

***Taken from Mike Adams-Natural News website**

MSG Information: The following substances contain the highest percentage of factory created free glutamate, with MSG containing 78%:

MSG	Gelatin	Calcium Caseinate
Monosodium glutamate	Hydrolyzed Vegetable Protein (HVP)	Textured Protein
Monopotassium glutamate	Hydrolyzed Plant Protein (HPP)	Yeast Extract
Glutamate	Autolyzed Plant Protein	Yeast food or nutrient
Glutamic Acid	Sodium Caseinate	Autolyzed Yeast
Vegetable Protein Extract	Senomyx (wheat extract labeled as artificial flavor)	

***Excerpt from www.msgmyth.com**

Resources: Environmental Working Group <http://www.EWG.org>
Label information

<http://www.labelwatch.com/glossary.php>

MSG: <http://www.msgmyth.com/hidename.htm>

Natural News: www.NaturalNews.com

How To Stock A Healthy Kitchen

Cleaning Out The Pantry

- Get rid of unhealthy temptations and less than nutritious foods
- Be sure to get rid of all items that contain trans fats
- Throw out all processed foods and packaged baked goods
- Clean out all items made from carbohydrates made with enriched flours

Stocking The Pantry

Herbs and Spices

- Himalayan salt
- Black peppercorns
- Sesame seeds
- Dried herbs; basil, oregano, Italian seasoning, rosemary, thyme, etc
- Dried spices; cumin, curry, ginger, turmeric, red pepper flakes, paprika, chili power, etc

Condiments, Oils, and Other Ingredients

- Extra virgin olive oil
- Extra virgin coconut oil
- Vinegars; apple cider, balsamic, red wine, orange mango, champagne, etc
- Coconut milk
- Coconut water
- Sea vegetables
- Salsa
- Olives
- One serving sized wine bottles
- Relish
- Mustard
- Agave nectar, maple syrup, and brown rice syrup
- Tahini
- Indian sauces for simmering
- Curry paste

Fruits and Vegetables

- Dried fruits
- Water packed fruits
- Sun dried tomatoes, canned tomatoes, sauces and tomato paste
- Dried mushrooms
- Raisins

Legumes, Nuts and Whole Grains

- Dried lentils, peas, and beans
- Whole grain pastas; rice, quinoa, whole wheat, soba, etc
- Brown rice
- Quinoa, oats, millet, amaranth, etc
- Canned beans
- Pistachios, raw almonds, raw walnuts, raw cashews, etc
- Nut butters

Miscellaneous

- Canned sockeye salmon, sardines, anchovies, etc
- Whole grain crackers, rice chips, etc
- Whole wheat bread crumbs
- 60% cocoa powder, Cacao nibs, Cacao powder, etc
- Reduced sodium organic chicken and vegetable broths
- Green tea
- Unsweetened almond milk or rice milk
- Flaxseeds
- Zrri

Stocking The Fridge

- Nut or rice milks
- Meat
- Cheese
- Free range organic eggs
- Long lasting fruits and vegetables
- Horseradish
- Dijon mustard
- Soy sauce
- Jams (made with natural sweeteners)

Stocking The Freezer

- Shrimp
- Wild caught salmon
- Frozen fruits
- Chicken breasts
- Frozen vegetables
- Whole wheat sliced bread or pita
- Whole grain waffles
- Frozen fruit bars
- Homemade soups, sauces, casseroles, etc

Essential Tools For Cooking Healthy

- Food processor makes chopping vegetables easy
- Powerful blender such as Oster , VitaMix or Nutribullet (can get you free shipping) for making smoothies
- Vegetable juicer such as the champion for juicing vegetables and fruits
- Immersion blender for pureeing soups
- Vegetable steamer to lightly steam veggies
- Sharp knives to easily cut and chop
- Crock pot for easy and healthy meals at the end of a long day
- Popcorn maker for healthy fiber filled snacks such as the Crazy Eight
- Glassware for freezing extra food for easy defrosting and reheating
- Waxed paper and wax paper bags for plastic free food storage and portability
- Chemical free cleaners from manufacturers like Method, Mrs. Meyers, etc
- Sharpie and labels for recording dates on frozen foods, sauces, etc

Cheap and Healthy Foods



1. **Dried lentils:** A bag of lentils costs less than two dollars, is an excellent source of fiber and vegetable protein and can be used to stretch out stews, vegetables, etc. Also great as a soup or side dish.
2. **Brown rice:** Excellent source of fiber, whole grains, and loaded with nutrition. Also can be used to make up for using less meat, in side dishes, soups, etc.
3. **Canned salmon:** Excellent source of omega 3 essential fatty acids, protein, and calcium. Easily stored in the pantry and used as a dip, in casseroles, or as patties.
4. **Oats:** Excellent source of soluble fiber. Look for steel cut or old fashioned oats.
5. **Eggs:** Great source of protein, can be eaten at breakfast, lunch or dinner. Very portable when hard boiled.
6. **Whole-grain pasta:** One box of pasta can have seven to eight servings. Can be used in soups, salads, side dishes and main dishes.
7. **Dried beans:** Can be bought cheapest in bulk. Excellent source of protein, high in fiber, and filling.
8. **Apples and oranges:** Buy in a bag to get cheapest price, will stay good in the refrigerator for long periods of time.
9. **Frozen vegetables:** Can be fresher than non-frozen produce. Easily incorporated into other dishes, quickly cooked, and excellent source of nutrition.
10. **Seeds:** Many seeds can be purchased inexpensively, check the bulk food aisle. Flaxseeds are high in fiber and omega 3's, sesame and Chia seeds are loaded with calcium, pumpkin seeds are high in protein and nutritional benefits.
11. **Nuts:** Purchase in the shell to get the cheapest price, or check the bulk aisle. Excellent source of protein, high in nutrition.
12. **Chicken legs and thighs:** Chicken legs and thighs are cheaper than chicken breasts and are easily cooked in the Crockpot (buy organic)
13. **Quinoa:** This whole grain is loaded with fiber, protein, and calcium and is less than \$3 a bag.
14. **Greens:** Most greens are only \$2 a bunch and will feed a family of four

RECIPES

Roasted Acorn Squash

Ingredients:

1 acorn squash

Butter or coconut oil

Optional: sea salt, parmesan cheese, agave nectar, cinnamon

Directions:

1. Pre-heat oven to 400 degrees.
2. Cut in half lengthwise and scoop out the insides.
3. Add one tablespoon coconut oil or butter, cinnamon, etc
4. Bake for 40 minutes.

Crispy Kale

- a. Toss kale with only a smidge of olive oil in a large bowl
- b. Lay flat on a cookie sheet and sprinkle with garlic salt
- c. Bake at 400 until lightly browned around the edges, about 10 minutes

Sweet Potatoes: Two Ways

- Bake sweet potatoes with olive oil, cinnamon and agave nectar and eat at the end of your meal. They taste like dessert with a pumpkin pie texture.
- Try making sweet potato fries by cutting sweet potatoes into strips and baking at 400 degrees for 30 to 35 minutes. Sprinkle with any of the following optional ingredients: salt, cinnamon, parmesan, curry, chili powder, etc.

Tempeh: Two Ways

1. Sauté tempeh in hot coconut oil to make it crispy. Add to veggies or on top of your favorite salad.
2. Pre-heat oven to 375. Rub olive oil on the bottom of your baking pan. Marinate tempeh in garlic and ginger and bake for 20 minutes. Makes a great side dish.

Roasted Cauliflower

Make roasted cauliflower by rubbing large pieces of cauliflower lightly with coconut oil or olive oil. Place onto a cookie sheet and roast until lightly browned in a 400 degree oven for approximately 10-15 minutes.

Roasted Vegetables

Chop organic peppers, onions, squash, zucchini, and carrots and roast with olive oil for one hour in a 400 degree oven.

The Breakfast Experiment

Try a different breakfast each day for 7 days.

See how each different meal affects your energy levels, mood, concentration, etc.

Day One: Whole grains

Day Two: Eggs

Day Three: Cereal

Day Four: Fruit

Day Five: Coffee and muffin

Day Six: Steamed veggies

Day Seven: Tofu, tempeh or if you prefer to avoid soy, try another form of protein like chicken sausage, or Ezekial toast with almond butter.