



# **EATING HEALTHY SHOPPING GUIDE**

**You want to eat right.  
But, what does that even mean  
anymore?**

**Food has become extremely  
complex.**

**The food that we buy in the grocery  
store is not the food our grandparents  
bought.**

**So, let's get to know the best  
ingredients to buy.**



*There are lots of oils out there.  
These are the best ones you should be buying:*

**Extra Virgin Olive Oil**

**Safflower Oil**

**Flaxseed Oil**

**Grapeseed Oil**

**Coconut Oil**

Cold-Pressed and/or Expeller Pressed are best.



**These oils should be avoided like the plague:**

Canola Oil

Vegetable Oil

Corn Oil

Soybean Oil

Cottonseed Oil



# Quick Guide to Grains

## SPELT

This grain does not seem to cause sensitivities in many people who are intolerant of wheat. It is an excellent source of manganese and a good source of protein, copper and zinc.

## QUINOA

Quinoa is actually a seed, not a grain. It is very nutritious, and is a complete protein. Quinoa is gluten free.



## OATS

Oats help enhance immune response to infection and stabilize blood sugar. Oats are gluten free.



## BROWN RICE

Brown rice is a whole grain and is also high in fiber, rich in antioxidants and helps stabilize blood sugar.



## BARLEY

Barley is a great source of fiber and nutrients. It also helps prevent gallstones.







# WHOLE RYE

Rye has more nutrients per serving than any other whole grain. It has four times more fiber than whole wheat and is very high in iron. It also promotes weight loss, helps prevent gallstones and prevents breast cancer.

# MILLET

This grain is a good source of nutrients. It helps with the development and repair of body tissue, helps prevent gallstones and protects against breast cancer.



# BUCKWHEAT

Buckwheat is not a grain. It is a fruit seed, but it is used like a grain in cooking. It is a good substitute for grains because it is gluten free. Buckwheat helps control blood sugar and helps prevent gallstones.

# WHOLE WHEAT

Only purchase if organic and non-GMO. Even better if it is sprouted. This popular grain is rich in nutrients.



# OTHER HEALTHY GRAINS

Amaranth  
Bulgur  
Farro  
Freekeh  
Kamut  
Teff



These fruits and vegetables  
are least likely to  
retain pesticide residues,  
so they don't necessarily need to be  
bought Organic:

Avocado  
Sweet Corn (only non-GMO)  
Pineapple  
Cabbage  
Frozen Sweet Peas  
Onions  
Asparagus  
Mango  
Papaya  
Kiwi  
Eggplant  
Grapefruit  
Cantaloupe  
Cauliflower  
Sweet Potatoes







Commonly referred to as the "dirty dozen", it is better to buy these 12 fruits and vegetables Organic:

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cucumbers
- Cherry Tomatoes
- Grapes
- Imported Spinach
- Imported Snap Peas
- Potatoes





# Animal Products

The majority of cows and chickens in the United States are fed Genetically Modified Corn, loads of antibiotics and growth hormones.

**Genetically Modified** means that the DNA structure of the plant is altered and now contains chemicals and pesticides that have been linked to cancer.

**Antibiotics** destroy the good flora and good bacteria in the digestive tract. This upsets the balance in our bodies and thus begins disease.





When a cow eats GM corn and is injected with antibiotics and growth hormones, its milk and its meat, *which we eat*, now contain those chemicals, antibiotics and hormones **that have been linked to cancer, disease and obesity.**



When a chicken eats GM corn and is injected with antibiotics and growth hormones, its meat and its eggs, *which we eat*, are affected with those chemicals, antibiotics and hormones **that have been linked to cancer, disease and obesity.**

**Only Purchase**  
**Meat, Chicken, Pork,**  
**Eggs and Dairy**  
from animals that are  
**Grass-Fed**  
and that are labeled  
**Non-GMO and Organic.**

All meat, especially pork products, should be uncured and nitrate free in addition to being labeled Organic and Non-GMO.