

Grocery Store Tips

Produce - Vegetables, Herbs & Fruit

Benefits:

- Fat and water soluble vitamins, mineral, high phytochemical/anti-oxidants, Low GI/GL, Fat and water soluble vitamins, mineral, high phytochemical/anti-oxidants, Low GI/GL
- Helps decrease inflammation
- Supports detoxification
- Benefits heart//brain/metabolic/immune system health
- Helps to prevent and treat cancer, cardiovascular disease, as well as healthy vision, skin and bone.

What to Buy:

- **Green** – chlorophyll (detox)/lutein /zeaxanthin (eyes)
- **Blue /Purple** – anthocyanidins (heart/brain health)
- **Red** – lycopene/resveratrol (prevents cancer/ heart disease)
- **Orange/Yellow** – beta-carotene/lutein/zeaxanthin (prevents heart disease/cancer/immune system disorders/ eye degeneration)
- **White** – sulfur, flavonoids (supports immune system, anti-cancer/cardio protective/anti-cancer)

Goal:

- Eat at least 3 colors per meal
- 1 pound per day
- Preferably in season
- Eat 1 cup cruciferous greens a minimum of 3 times week
- Dark blue/purple berries daily
- Some alliums at least once per day (ie. at least ½ clove garlic or ½ c. onions, a fresh herb such as parsley, cilantro, thyme, basil once per day in a meal)

Bulk Section

What to Buy:

- Unsalted nuts, seeds
- Trail Mix (sugar free or mix your own with bulk nuts and seeds and little or no dried fruit)
- Gluten-free grains such as wild rice, quinoa, millet, brown rice, and legumes such as lentil, chickpeas and black beans

Eggs & Dairy

What to Buy:

- Certified organic, 100% Pasture-raised (soy free best if you can find) butter, kefir, yogurt, half and half, whipping cream
- Sheep and goat best due to less lactose present – easier on digestive system and less inflammatory than cow milk
- Healthier cheeses in moderation like goat chevre, sheep or goat feta, cottage cheese, pecorino, ricotta

What NOT to Buy:

- Processed, pasteurized, low-fat or fat-free, sweetened, or not USDA certified organic

Meat & Poultry

What to Buy:

- Certified organic, 100% Pasture-raised,
- Certifications: Animal Welfare Approved, Certified Humane, Global Animal Partnership and Food Alliance Certified ensure that animals were raised humanely with enough space for natural behaviors and without growth hormones or antibiotics.

Find out HOW the animal is raised:

- If free range only, make sure it's lean. Less fat means less cancer causing toxins exposure. Free-range means little today.
- Avoid lunch meats and pre-packaged smoked meats
<https://www.ewg.org/meateatersguide/helpful-tips-for-meat-eaters/>

Seafood

Benefits:

- Protein, omega 3 fatty acids for brain, heart, joints, tissues and cell membrane)
- Omega-3s are especially important for pregnant and nursing women, and young children. However, some fish also contain toxin levels that can pose certain health risks if eaten too frequently.

What to Buy:

- Wild caught, smaller, low in contaminants (mercury/PCB's) vs. "farmed": (often contain synthetic pigments to enhance color, toxic dioxins (carcinogen), dibutyltin used in PVC plastics (increased inflammation and abnormal immune system response), pesticides (used to kill sea lice) and antibiotics to stave off disease from crowded conditions)
- If canned, chose BPA-free designation (BPA is a known endocrine disruptor)

What NOT to Eat:

Tilapia, Atlantic Cod, Chilean Seabass, Atlantic Flatfish, Farmed Salmon, Imported Farmed Shrimp, Swordfish, King Mackerel, Sturgeon, Shark

For even MORE Insights:

<http://www.seafoodwatch.org>

For sushi lovers: <http://www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-sushi-guide.pdf?la=en>

Bread & Cereal Grains

- If you want to continue eating bread I would recommend sticking with a non-wheat, fermented sourdough type and in very limited amounts (no blood sugar issues, inflammation, auto-immunity, desire weight loss etc.)
- Top Gluten-Free Grains: Amaranth, Brown Rice, Buckwheat, Millet, Oats (must specify gluten-free), Quinoa, Sorghum, Teff (very minimal amounts)
- Best to use vegetable sources of starchy carbohydrates (ie. Hard squash (kabocha, spaghetti, butternut, delicata, kuri etc), sweet potatoes, purple potatoes, plantain, red potatoes (russets are high glycemic), cassava, taro etc.)
- Beets and carrots are low GL
- Other roots like rutabaga, turnips are very low carb
- Eaten with fat/protein slows glycemic response in the body.

Fats & Oils

- Best to buy oils in dark glass bottles
- Stick with California Extra Virgin Olive Oils (if possible) for majority of oil use
- Coconut oil, avocado oil, macadamia, butter or ghee for cooking (higher smoke point: **See Fats and Oils sheet on Alumni Portal*)
- *MCT Oil (dressings, smoothies, coffee)*
- *Nuts (Walnuts/Almonds) & Seeds (Flax/Chia)*

Herbs and Spices

- Sea salt
- All dried herbs and spices for antibacterial and antiviral properties, most are high in B-vitamins and trace minerals.
- Many spices contain phytochemicals that avert cell damage and other chronic ailments.

Frozen Food

- Produce: great if you can't find fresh in your store! Most have been frozen at peak season when vitamins are at their highest. Still fresh and seasonal is first choice.
- Some decent choices are chard, spinach, kale, collard greens, broccoli, green beans, sweet potatoes, squash and more.

Condiments

- Watch the sugar content (usually first few ingredients- ie. barbeque sauce and ketchup).
- Fermented vegetables such as sauerkraut, kimchi and pickles, mustards, coconut-amino acids and hot sauces are a great way to add flavor.
- Look for dressings and mayos that are avocado or olive oil based such as "Primal Kitchen" brand

Canned Foods

- Good choices include: Tuna, sardines, salmon, coconut milk, beans etc.
- Look for BPA Free can lining, as BPA is a known endocrine disruptor

Boxed & Bagged Foods

- Broths (ie. Kettle & Fire),
- Unsweetened non-dairy milks such as almond, coconut, hemp milks, gluten free grains, beans, grain-free or gluten free granolas etc.
- Watch for added gums (xanthan, guar, gellan gums, carrageenan) if your gut is sensitive.
- Carrageenan (seaweed extract used to thicken/stabilize) has potential to degrade and form inflammation, lead to elevated blood sugar/lipid levels. Also a possible carcinogen.

Cleaning Supplies

- Fumes from some cleaning products may induce asthma in otherwise healthy individuals.
- Common cleaning ingredients can be laced with the carcinogenic impurity 1,4-dioxane. Independent tests have detected the presence of 1,4-dioxane in numerous name-brand cleaning supplies.



Your **true path** to wellness.

- Other products contain preservatives that release low levels of cancer-causing formaldehyde.
- Some cleaners can cause chemical burns and poisonings as well as less severe irritations and allergies.

A special caution: never mix cleaners containing chlorine bleach with products containing vinegar, acidic chemicals, ammonia or oxygen bleach. They can generate dangerous chlorine and chloramine fumes.

Safer choices here: <https://www.epa.gov/saferchoice>.