Gro c e r y s t o r e g u i d e (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.

Gro c e r y s t o r e g u i d e ( 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