

Tips for Healthy Food Shopping:

1. When shopping, try to spend most of your time in the produce section.
2. Buy organic whenever you can. That way you avoid eating toxic pesticides and herbicides.
3. Select dark leafy greens. When buying salad green, select those deepest in color – dark greens and reds. The dark color means higher concentrations of antioxidant vitamins A, C and E, folic acid, calcium and other nutrients. Mixed salad greens, kale, spinach, and Swiss chard are best for optimum minerals and antioxidants.
4. Seek out free-range and hormone- and antibiotic-free beef and chicken. The hormones in meats promote excess estrogens in the body.
5. Buy enough fish for two meals per week. Cold water fish such as salmon, sardines, herring, cod and mackerel are good because they provide essential fats (Omega-3's) which are essential for health. Try to buy wild, fresh caught fish, rather than farm-raised.
6. Learn about mineral-rich seaweed. Kelp, nori, and dulse are nutritious choices.
7. Use expeller-pressed or cold-pressed oils, especially olive oil which preserves the oil's full nutrient spectrum.
8. Try alternative, gluten-free bread / grain products such as millet, rice, teff, and buckwheat. Otherwise, favor brown-colored foods. Brown rice and whole-grain breads, crackers, and pasta offer abundant fiber and are richer in vitamins than white-flour-only products. When possible choose grains other than wheat (rice pasta, millet bread).
9. Use whole-grain cereals—oatmeal, multigrain hot cereals, and muesli—for maximum nutrients.
10. Use nuts, seeds, and nut butters for snacks and in your meals to balance blood sugar and serve as a source of protein, good fats, and minerals.
11. Sprinkle unrefined sea salt, such as Celtic Sea Salt, instead of regular table salt which is devoid of nutrients, on your meals for additional trace minerals.
12. Use fresh herbs for added flavor without added fat.
13. Read nutrition labels. If you are sensitive to dairy, watch for the added preservative called caseinate which is a dairy protein. Avoid high fructose corn syrup at all times; it is toxic to your health.