



## Grocery Shopping Guide

Consider yourself on a treasure hunt as you discover new foods to wow your taste buds. As you begin looking for foods that will build health it is important to look at the perimeter of the grocery store. That is typically where “live” foods are located. Try to ensure that the majority of your diet consists of these foods that will rot fairly quickly. Many baked goods in the bakery will last for up to two years!! It is hard to imagine the nutritional value in such a food.

Your kids eating choices directly reflect your own for the most part. It is important to instill healthy eating habits at an early age, to ensure long-term health. Make it fun when possible, but be firm. You may even need to be firm with yourself! This is one of those “battles” that is worth it in the long run.

### **Fruits and Veggies**

- local grown, without pesticides
- organic, preferably not foreign
- loose – not bagged (specifically greens)
- find a good organic cleaner

### **Meat**

- Bacon – Yorkshire Farms, Applegate
- Beef – organic, no hormones or antibiotics
- Chicken – free range, no hormones, antibiotics
- local farmers sell organic, good quality meats

## **Cheese**

- Quail Cove Natural Foods ( Virginia)
  - On the internet
- Morning Land Dairy Missouri  
(417)469-5086
- The Cheese Shop (Virginia, Stuarts Draft)
- do not buy “processed” like American and Velveeta
- buy natural, no antibiotics
- Neufatel cream Cheese – low fat
- Horizon

## **Butter**

- Horizon
- Spectrum Naturals
- organic, no hormones, or antibiotics
- Certified Raw Butter in freezer section

## **Baking Ingredients**

- Baking Powder – non aluminum (Rumford)
- Make you own: 1 teaspoon baking powder

= ½ tsp. Cream of Tarter, ¼ tsp. Baking Soda, ¼ tsp. Arrowroot powder. This will keep at room temperature for 6 months.

- Cornstarch – better options: Arrowroot powder, tapioca and xanthum gum

## **Spices**

- Spice Hunter
- Simply Organic
- grow your own herbs
- some of your favorite seasoning mixes may be good to use if there is no MSG or preservatives.
- Bragg’s Liquid Aminos – found in organic aisle, is a better choice then regular soy sauce
- Salt – RealSalt is the best brand and least processed

## **Milk and Dairy**

- Horizon, organic
- raw, certified, is your very best choice
- Non homogenized

- Soy, almond, rice – all good choices

### **Yogurt**

- Look for 6 – 8 active live cultures on the label,
- non fat or low fat
- unsweetened, watch for artificial sweeteners
- no fruit added

### **Condiments**

#### Mayonnaise

- Hain
- Hollywood

#### Ketchup and Mustard

- Organic – Muer Glen, Westbrae, Tree of Life

#### Jams and Jellies

- All Fruit
- Cascadian Farms
- unsweetened, no artificial sweeteners

### **Sweeteners**

#### Honey

- local, honey from a farmer
- raw, no additives, not heated

- Quail Cove Natural Foods (VA)

#### Maple Syrup

- Adirondack
- Maple Farms
- Pure Maple Syrup from Vermont or Canada

#### Molasses

- Plantation (blackstrap molasses richest in nutrients, unsulfured)

#### Sucanat

- Sucanat with honey replaces regular sugar and it the least processed sugar. It also goes by the name – Savannah Gold
- Sucanat – is a dark variation of the other sucanat and has molasses on it.

They can be purchased in some natural food stores or through co-ops.

### **Breads**

- Milling your own wheat is far more nutritious and economical. The Nutrimill is an excellent

choice for a grain mill.  
For information on this  
see the listing for The  
Country Baker.

- do not buy bread with  
bleached flour in the  
ingredients.

### **Nuts and Seeds**

- Raw is best choice,  
unsalted
- Dry roasted, unsalted

### **Oils**

- Expeller or cold  
pressed
- organic
- Extra virgin olive oil
- olive oil should be in a  
dark bottle
- Safflower oil is a good  
choice second to olive oil  
– follow guidelines above
- Canola oil is  
recommended by some  
experts and not by others

Keep in refrigerator.  
Discount stores have  
good prices for nuts in  
large quantity.

### **Nut Butters**

- Peanut Butter should  
be peanuts and salt on the  
label – nothing else.
- do it yourself – some  
stores have machines that  
will make it in the store.  
This will be the freshest.  
– hard to say which is  
right – your choice.

### **Pastas**

- Annie's
- Hodgens Mill
- DeBoles
- Vita Spelt
- look for whole grain,  
no – hydrogenated oil or  
fats, no bleached grain or  
flour.

**Cookware:** Royal Prestige – R.P. Spectrum, Inc.  
888-80BRIDE, [www.royalprestige.com](http://www.royalprestige.com) – mention  
Designed Healthy Living and get an extra discount.

**Food Co-op** - [www.quailcovefarms.com](http://www.quailcovefarms.com) – in Virginia

[www.localharvest.com](http://www.localharvest.com) - nationwide

**Herbs** – *Planning, Planting and Harvesting Your Herb Garden*, by Marianne Ritchie, is an excellent book on how to do everything with Herbs. The book is pretty in its design and would make a nice gift. It also has some unique tasty recipes using fresh herbs. Orders: Phone: 804-594-0667, email: [tym2plant@hotmail.com](mailto:tym2plant@hotmail.com).