

Tips for Stocking a Healthy Kitchen

A, B, C Countdown

Clear out the bad

Bring in the Good

Appeal to the senses – think satisfying

Clear Out the Bad

Remove or don't buy ingredients that include: trans fats, coal tar, dyes, artificial flavors or colors, preservatives, pesticides, herbicides, mercury or aluminum

Trans fats – hydrogenated or partially hydrogenated oils – cause inflammation, cancer, diabetes, eczema, and irritable bowel syndrome; block nerve transmission inhibit functions of enzymes, interfere with liver detoxification

High sugar foods – or artificial sweeteners

Nutrition Facts panel – by law this must be true

Labels can be quite deceptive:

Natural is meaningless

Sugarless is usually Splenda or another artificial sweetener

Whole grain - may be small bits

Honey – small bits

Cottonseed oils – this is hormone disrupting oil – causes low sperm count, infertility, (chemical - gossypol has been researched extensively as a male contraceptive because it destroys the sperm)

White foods - white flour, white sugar, white vinegar, white rice, white milk, white salt.

Bring in the Good

Fruits, vegetables – fresh is best, dried is fine (be careful of servings) If you get over sealous at the store - buy a dehydrator to save the produce you are not able to eat. Frozen is ok. Canned is least preferred.

Grains – corn and soy must be organic.

Dairy – know the farmer if possible, otherwise must be organic.

Eggs – know the farmer, otherwise suggest organic

Meat/poultry – know the farmer

Fish – wild caught – no shellfish (harbor disease and parasites)

Beverages – juice – must be 100%, less is not good.; water – pure carbonated; coffee – must be organic, teas – herbal, green and rooibos

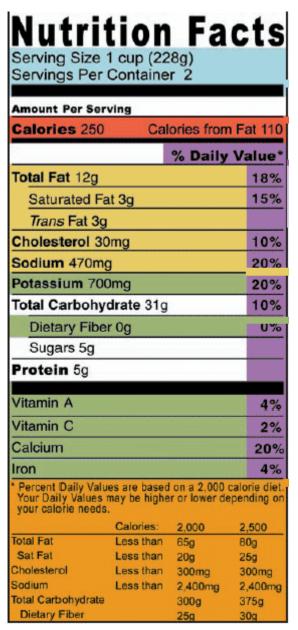
Appeal to the Senses

Buy and enjoy local and in season. Use herbs, vinegars, real butter and garlic for natural flavoring.

Labels and what they Mean

Nutrient Claim	Means
Calorie free	Less than 5 calories per serving
Low calorie	40 calories or less per serving
Fat free	Less than 0.5 grams of fat per serving
Low fat	3 grams or less of total fat
Low saturated fat	1 gram or less saturated fat per serving
Saturated fat free	Less than 0.5 grams of saturated fat per serving &
	the amoung of trans fats does not exceed 1% of
	total fat
Reduced fat	At least 25% less than regular version
Sugar free	Less than 0.5 grams of sugar per serving
Reduced sugar	At least 25% less sugar per serving than the regular
High fiber	5 grams or more fiber per serving
Good source of fiber	2.5 g to 4.9 g of fiber per serving
Cholesterol free	Less than 2 mg per serving
Low cholesterol	20 mg or less per serving
Reduced cholesterol	At least 25% less cholesterol per serving
Sodium free/ salt free	Less than 5 mg of sodium per serving
Very low sodium	35 mg or less of sodium per serving
Low sodium	140 mg of sodium or less
Good source of	These terms mean that one serving of a food
Contains	contains 10-19% of the daily value
Provides	
High in	These terms mean that one serving of a food
Excellent source of	contains 20% or more of the daily value
Rich in	

Lean meat	Any meat with less than 10 g fat, 4 g saturated fat
	and 95 mg cholesterol per serving
Extra lean	Any meat with less than 5 g fat, 2 g sat. fat and 95
	mg cholesterol.
Lite or light	This can mean two things. The product can have
	50% less fat than the higher fat version or the
	product contains 1/3 fewer calories.
"Light"	Can also refer to the texture and color as long as
	the label explains it. Such as "light olive oil" or
	"light brown sugar"
Reduced in	Means the product contains at least 25% less of a
	nutrient that the regular version



In order of importance on the label:

- Serving Size Most important
- Fats what type, avoid all trans fats, check ingredients.
- Fiber how much this product has none I
 would avoid it
- Sugars check ingredients to see where these are coming from. Avoid corn syrups and artificial sweeteners.
- Don't concern yourself too much about DV it is based on a healthy person age 20 with no health problems. Most of us don't fit into that category and nutrition – especially vitamins are in higher demand by our bodies.
- Carbohydrates check the ingredients label to see where these are coming from. Refined carbs are hard to digest and add weight to the body.