



## Tips for Stocking a Healthy Kitchen

A, B, C Countdown

**C**lear out the bad

**B**ring in the Good

**A**ppeal 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 amount 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..... Contains..... Provides.....	These terms mean that one serving of a food contains 10-19% of the daily value
High in..... Excellent source of ..... Rich in .....	These terms mean that one serving of a food contains 20% or more of the daily value

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 than the regular version

# Nutrition Facts

Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

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.