

## The 'What to Eat' Cheat Sheet

### Protein Sources

**Beef:** Grass-fed; Free-range or Free-roaming; “Raised without antibiotics”/ “No antibiotics administered”; Natural; “No Hormones administered”

**Poultry:** Natural; Free-range; Free roaming; Fresh; Certified Organic; Cage free; “Certified Humane Raised and Handled;” “Federal regulations prohibit the use of hormones;” “No antibiotics added”

**Eggs:** Cage-free; Free-range; Hormone-free; Antibiotic-free; Organic; Vegetarian-fed; Omega-3 enriched; No added antibiotics; Pasture raised;

**Dairy:** Organic; No hormones (rBGH); Antibiotic-free

**Fish:** Salmon: Wild caught, Alaskan / Halibut: Pacific, California / Sardines: Wild caught, Pacific / Herring: Atlantic, Pacific / Anchovies / Haddock: Atlantic

#### **Fish to avoid due to high mercury content and/or PCB's:**

Bluefin tuna / Canned Albacore tuna / Yellowfin tuna / Atlantic Halibut / Chilean Sea Bass (from Crozet, Prince Edward, Marion Islands and Chile) / Grouper / Monkfish / Orange roughy / Farm-raised Salmon / Swordfish / Shark / Tilefish / King Mackerel / Marlin

<http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/meat-and-poultry-labeling-terms/meat-and-poultry-labeling-terms>

[http://www.huffingtonpost.com/eatingwell/buying-chicken\\_b\\_1375953.html](http://www.huffingtonpost.com/eatingwell/buying-chicken_b_1375953.html)

<https://www.nrdc.org/stories/mercury-guide>

<https://www.nrdc.org/stories/smart-seafood-buying-guide>

<http://www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-northeast-guide.pdf>

## High Quality Fats

### High Quality Fats:

Grass-fed beef / Organic poultry / Wild game / Eggs / Olives / Avocados / Seaweed / Halibut / Shrimp / Snapper / Almonds / Cashews / Macadamia nuts / Pine nuts / Brazil nuts / Pecans / Hazelnuts / Sunflower seeds / Pumpkin seeds / Chia seeds / Grass-fed butter

### Foods high in MUFA's:

Olive oil / Hazelnut oil (refined and unrefined) / Safflower oil / Macadamia oil / Almond oil / Tea seed oil / Pecan oil / Hazelnut oil (refined) / Avocado oil (unrefined/raw)

### Healthiest Fats:

Olive oil (extra virgin) / Hemp oil (unrefined) / Coconut oil (unrefined) / Almond oil / Macadamia oil / Tea seed oil / Pecan oil / Hazelnut oil (unrefined) / Avocado oil (unrefined) / Flax oil (unrefined/ cold pressed) / Olives (green/black) / Avocados

### Fats best for cooking:

Coconut / Grass-fed butter / Macadamia oil / Almond oil / Pecan oil / Hazelnut oil / Avocado oil (unrefined/raw) / Tea seed oil / Rice oil / Rice bran oil

### Foods high in Omega-3's:

Hemp oil / Flax oil/ Flax seeds/ Flax meal / Walnuts / Walnut oil / Seaweed / Chia seeds / Salmon / Scallops / Soybeans / Halibut (baked/broiled) / Shrimp (steamed/broiled) / Snapper (baked) / Tofu (raw) / Winter Squash / Cod (baked) / Kidney beans

### Fats best for dressings / sensitive to high temperatures:

Safflower (unrefined) / Flax (unrefined) / Hazelnut (unrefined) / Olive oil (extra virgin) / Hemp (unrefined)

### Other fats:

Butter (grass-fed) / Sesame / Grapeseed / Safflower (refined) / Ghee

## Genetically Modified (GMO) Fats to Avoid

Corn oil / Cottonseed oil / Palm and Palm kernel oil / Soybean oil

## High Quality Produce

For high quality produce, it is always best to buy locally and seasonally when possible. One of the best ways to find local produce, that is also in season, is to get to know the farmers in your area. This will not only help educate you as to what foods grow seasonally in your area, but also connect you to where your food comes from.

**To find your local farmer,** see if your area has a weekly or seasonal farmers market or try using Facebook or Google and search “Farmers markets near me”. You can also talk to your local mom-and-pop grocery stores and see what farmers they purchase from **or** check [localharvest.org](http://localharvest.org) for certified organic farms.

### **Tips for building a relationship with your farmer:**

- Ask them questions!
  - o “Do you have a store front or farm stand?”
  - o “Do you ever allow tours of your farm to the public?”
  - o “Would I ever be able to come by and pick my own produce?”
  - o “What crops are coming up that you are excited about?”
  - o “Do you have any tips on how to tell the best of the bunch?”
  - o “Any ‘seconds’ available that you would sell me for a better price?”
  - o “Would you ever have people volunteer on the farm?”
  - o “How would you recommend cooking/preparing/preserving this item?”
  - o “Do you offer a CSA box (community-supported agriculture)? Could I learn more about it?”
- Give them praise!
  - o “I tried your tomatoes last week and I loved them!”
  - o “Thank you for that recommendation, I loved sharing it with my friends!”
  - o “I made that recipe of yours, it was a huge hit! Do you have any others?”
  - o “I always love your produce, do you have a Facebook page I can share!?”

If you are having difficulty connecting with local farms—don’t worry! Check the PLU number or Price Look Up number. This is a four or five-digit code that most medium to large retailers use to help make check out and inventory control easier. Five-digit numbers that start with a 9 are organic, four-digit numbers that start with a 3 or 4 are conventionally grown, and five-digit numbers that start with an 8 are genetically modified.

No matter where you do your produce shopping, you can always ask yourself these “High Quality Questions” to help you purchase the right product:

- Does this produce come from a local source or sourced within my country?
- Is this produce organic?
- If it is not organic, is it part of the Clean Fifteen? (This is an annual list put out by the Environmental Working Group that states the fifteen items with the lowest pesticide residue.)

## High Quality Chocolate

Dark chocolate wins over milk chocolate due to the higher proportion of flavanols that provide a host of health benefits.

The higher the cacao percentage listed in the chocolate, the more flavanols it contains. So be sure to read the percentage listed on the label. So, check your label! The amount of flavanols can also be impacted by the way the chocolate is processed from the raw cacao bean. If the label reads "processed with alkali" there will be less flavanols.

### Healthy dark chocolate brands:

Pascha (non-GMO, fair trade, organic, no soy lecithin) / Sweetriot (organic, fair trade) / Alter Eco (organic, fair trade) / Ghirardelli Intense Dark / Godiva (not processed with alkali) / Lindt (some are processed with alkali, some aren't) / Green & Blacks (organic, non-GMO, some contain soy lecithin) / Valrhona / Moser Roth / Endangered Species / Chocolove (fair trade) / Tza (organic) / Vivani (organic) / Giddy Yoyo (raw, organic) / Theo (organic, fair trade, non-GMO) / Scharffen Berger (contains soy lecithin) / Equal Exchange (organic, fair trade) / Good Cacao (includes a line of supplement-enhanced chocolates for an extra boost) / Dandelion Chocolate / Righteously Raw (raw processing) / Sacred Chocolate (raw, organic)

<https://healthyeater.com/dark-chocolate-best-and-worst>

<http://www.livestrong.com/slideshow/1011272-12-clean-dark-chocolate-bars/>

## High Quality Nuts

Organic and raw is the way to go when choosing nuts. No roasted, no salt, no flavoring. This ensures the highest density of nutritional value.

Go nuts for these nuts:

Macadamia (high in MUFAs) / Pecans (rich in vitamin E) / Walnuts (anti-inflammatory, rich in Omega-3s) / Almonds (rich in vitamin E and fiber) / Brazil nuts (rich in selenium, which can be harmful at high levels so stick to 5 nuts per serving) / Pistachios (high in vitamin E, B6, potassium) / Cashews (rich in iron and zinc) / Hazelnuts (rich in vitamin E and MUFAs)

<http://articles.mercola.com/sites/articles/archive/2015/10/19/best-nuts-seeds.aspx>

<http://www.everydayhealth.com/diet-and-nutrition/0406/why-you-should-go-nuts-for-nuts.aspx>