

Goin' Shopping!?

Healthy foods and junk "foods" which is which?

When you reach for that box/bag/package/container of "food" at the grocery store that proudly exclaims statements like "naturally fat free", "loaded with heart healthy whole grains", "low cholesterol", "low fat", "high in fiber", "Dr recommended", we automatically trust and believe that this product is good for us. We trust that whatever is included in the 300-word list of ingredients isn't going to potentially cause us to become ill or develop diseases. Isn't it a shame that almost all the products that proudly tout those statements on the labels are in fact some of the WORST "foods" we can consume? These "foods" almost always consist of highly processed GMO- lab created substances passed off on us as food. These "foods" cause cancer, hypertension, diabetes, anxiety, depression, dementia, Alzheimer's, infertility, hormonal imbalances, obesity... The list goes on and on.

Why are we being led to believe these "food" products are good for us? Food manufacturing companies (just the statement shouldn't sit well with you) can source crops of GMO soybeans, wheat, rice, etc. and turn them into everything from soy sauce- to salad dressings all the way down to vegan meat substitute tenders. These crops can be produced in enormous quantities at lower cost than traditional farming. GMO crops can be made to resist insects, herbicides, pesticides and diseases. The plants can be modified to require less water so they can grow in drought-stricken areas, among a slew of other unnatural modifications.

These GMO crops are engineered to thrive when treated by synthetic chemical pesticides and herbicides. Chemical pesticides include compounds such as organophosphates, carbamates, pyrethroids, and sulfonylureas. Short-term exposure to a large amount of certain pesticides can result in poisoning. The effects of long-term exposure to small amounts of these pesticides are unclear, but studies have linked them to a variety of chronic health conditions such as diabetes, cancer, and neurological complications. Specifically, carbamates and organophosphates are known to affect the nervous system by disrupting a neurotransmitter called acetylcholine. Studies have shown preliminary evidence that chronic, low-dose exposure to pesticides increases the risk of cognitive impairments and diseases such as Alzheimer's and Parkinson's later in life. A study of 50 pesticides and more than 30,000 licensed pesticide applicators linked exposure of seven pesticides that contain chlorinated compounds (including two herbicides, two organophosphate insecticides, and two organochlorines) to increased risk of diabetes. Exposure to pesticides has also been associated with increased infertility in women and developmental problems in children. (Source 1)

That means the ingredients in your granola bar have been soaked and sprayed in all kinds of chemicals that we are not intended to ingest. For example, sulfonylureas are a class of organic compounds used in medicine and agriculture. Sulfonylureas were developed in the 1950's to treat diabetes. It tells your pancreas to release more insulin- oh and oddly enough, it was discovered in the mid-1970's that sulfonylureas also happen to interfere with a key enzyme required for weeds to have cell growth. A perfectly safe herbicide, right?

What you've been waiting for!

Before you even read the list, I know what you're thinking – "I would love to eat organic and grass-fed, but I just can't afford the organic produce and fruits, not to mention grass-fed and free-range meats!" Stop right there – shopping on a budget using this list is well within your grasp. Once you cut out the "foods" you used to buy and add in these healthy options you will be spending roughly the same amount – there are several studies to support this. So, put down the \$ 4 Oreos \$5 bag of chips \$5 bottle of store-bought salad dressing and pick up a package of free-range chicken legs and some olive oil and balsamic vinegar. Shopping smart and shopping healthy is affordable, it's up to you how you spend your money.

Here are a few lifesaving (literally) tips that can help you to safely navigate the death trap that we all know as a grocery store.

1. READ THE INGREDIENTS- it really is (almost) as simple as that.
2. If the label says made with GMO or partially GMO- Don't buy it.
3. Train yourself to pick up on these ingredients:

DO **NOT** BUY IF IT CONTAINS:

- | | |
|------------------|----------------------------|
| ◆ Wheat | ◆ Soybean oil |
| ◆ Soy | ◆ Sunflower oil |
| ◆ Vegetable oil | ◆ Aspartame |
| ◆ Canola oil | ◆ Artificial color |
| ◆ Corn oil | ◆ Caramel color |
| ◆ Cottonseed oil | ◆ High fructose corn syrup |
| ◆ Grapeseed oil | ◆ Corn Starch |
| ◆ Safflower oil | ◆ Added Sugar |

4. Avoid any fruit or vegetable that you eat the skin of that is not organic. This is a good place to save a few dollars. You do not need to buy ALL your fruits and produce organic.
5. Buy only organic yellow squash and zucchini - Genetically modified (GMO) zucchini and yellow squash contain a toxic protein that make it more resistant to insects.
6. No bread! 1st ingredient- WHEAT

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PLEASE **DO** BUY:

- ✓ Grass-fed and finished beef (be sure it says fed and finished. Only grass-fed could mean the cows were able to feed on grass for a few weeks and then put right back on the GMO grain before slaughter)
- ✓ Organic free-range chicken

- ✓ Pastured eggs (free-range can be ok if the producer is trusted. Free-range can be interpreted as being stuffed in a pen with 1,000 other chickens and not really being free)
- ✓ Wild caught fish (no farm raised seafood)
- ✓ Himalayan pink salt (not a source of iodine so be sure you can get iodine elsewhere i.e. Shrimp)
- ✓ BUY Organic dairy products from grass-fed animals

This is a basic list intended to help guide you through the grocery store. And is only a suggestion. There is so much more to this subject PLEASE feel free to reach out to me at any time via email with questions. If I don't know the answer, I will find it for you. Also download my free nutrition 101 guide under the "Nutrition and Fitness" tab at MikeDrobish.com

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