

IS IT REAL FOOD?

Your simple, no-jargon
guide to spring cleaning
your pantry and plate



CARRIE REEDY
*Functional
Nutrition*

Spring has a way of making us want to freshen things up. Our homes, our habits, and often, what's sitting in our fridge and pantry.

You don't need a strict diet or a complicated eating plan to eat well. You need to know how to spot real food when you see it, and how to build most of your week around it.

That's what this guide is for. No jargon. No guilt. Just a simple way to look at what you're already buying and eating, and make small, real shifts from there.

Let's get into it.



THE 10-SECOND REAL FOOD TEST

Next time you're standing in the supermarket aisle, run whatever's in your hand through this quick checklist.

1. Flip it over. Ignore the front of the packet. Words like "natural," "light" and "high protein" are marketing, not information. The real story is on the back.
2. Count the ingredients. A shorter list is usually a good sign. If you need to squint to fit it all in, that's worth noticing.
3. Can you say them out loud? If half the ingredients sound more like a science experiment than food, that's useful information too.
4. Check the first three ingredients. Ingredients are listed in order of quantity. If sugar, refined oil or refined flour is in the top three, that's the bulk of what you'll be eating.
5. Could you make it at home? If the answer is "not without a lab coat," it's probably a food product rather than food.

This isn't about being perfect at the shops. It's about making quicker, more informed choices without spending ten minutes squinting at every label.

WHAT REAL FOOD ACTUALLY LOOKS LIKE

Real food is simply food your great-grandmother would recognise as food.

Some easy places to start:

- Vegetables and fruit, fresh or frozen (frozen counts, and it's often cheaper)
- Eggs
- Meat, chicken and fish, without a marinade full of unpronounceable ingredients
- Plain dairy or dairy alternatives, without added sugar
- Nuts and seeds, plain or lightly roasted
- Wholegrains, in their whole form (oats, rice, quinoa)
- Herbs, spices, olive oil, vinegar

You don't need to overhaul your whole trolley overnight.

Even shifting a few regular purchases towards this list makes a genuine difference over time.

A GENTLE WORD ON PERFECTION

I want to be honest with you about something.

My own kitchen isn't a museum of perfectly clean eating. There are packets in my pantry that wouldn't pass every point of the 10-Second Real Food Test. checklist. I have adult kids, and a household to feed, not a science lab.

What I aim for, and what I'd encourage you to aim for too, is that most of what fills the fridge and pantry is real food. Not all of it. Most of it.

That's a realistic, sustainable target. It's also one that still leaves plenty of room for the occasional treat, a shortcut on a busy night, or a raided pantry when the kids come to visit (we'll talk about that one another time).

Progress, not perfection. Always.



YOUR NEXT STEP

If you'd like some support putting this into practice for your own health, whether that's for weight loss, menopausal symptoms, gut health, lipoedema management, or simply feeling like yourself again, I'd love to help.

I offer a complimentary, no-obligation chat where we talk about what's going on for you and what might help. No pressure, just a conversation.

Book your complimentary chat:
www.carriereedy.com



Carrie Reedy Functional Nutrition
Canning Vale, Western Australia

Supporting clients Australia-wide via Zoom
M: 0416104745
E: info@carriereedy.com