

Shopper Guide

Meat

- Meat contains iron, protein and several other important nutrients. However, it can release toxic byproducts called polycyclic aromatic hydrocarbons (PAHs) during certain cooking methods.
- From meat protein, humans can typically absorb half of what's consumed and then the other half is stored as fat.
- With plant proteins, humans can usually completely absorb everything consumed.
- The average time food spends in the large intestine varies by gender: 33 hours for men and 47 hours for women. Your digestion rate is also based on what you've eaten. Meat and fish can take as long as two days to fully digest.
- Fruits and vegetables, on average, take 20-40 min. to digest.

Meat Alternatives

- Tofu
- Tempeh
- Seitan
- Lentils
- Carrots
- Jackfruit
- Mushroom
- Cauliflower
- Eggplant
- Textured Vegetable Protein
- Gluten-free, Vegan Meat

Dairy

Dairy food-borne diseases affecting human health are associated with certain strains of bacteria belonging to the genera of Clostridium, Bacillus, Escherichia, Staphylococcus and Listeria, which are capable of producing toxins, plus molds that can produce mycotoxins such as aflatoxins, sterigmatocytin and ochratoxin.

Milk and other dairy products are the top source of saturated fat in the American diet, contributing to heart disease, type 2 diabetes, and Alzheimer's disease. Studies have also linked dairy to an increased risk of breast, ovarian, and prostate cancers.

People with lactose intolerance do not produce sufficient amounts of lactase needed to break down the lactose. This can cause nausea, stomach cramps, gas, bloating, and diarrhea for people with lactose intolerance if they eat or drink milk or foods that contain a lot of lactose.

It's clear that a diet high in saturated fats – which are plentiful in cheese and full-fat dairy products – can increase inflammation. ... A study published in The Journal of Nutrition in 2015 found that eating dairy foods increased low-grade inflammation in a small sample of German adults.



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Dairy Milk Alternatives

- Soy Milk
- Almond Milk
- Rice Milk
- Coconut Milk
- Hemp Milk
- Cashew Milk
- Oat Milk
- Flax Milk

Cheese Alternatives

- Kite Hill Ricotta
- Sweet Potato Sauce
- Cashew Cheese
- Pesto
- Zucchini Cheese
- Daiya Cheese
- Tahini Spread
- Almond Cheese

Egg Alternatives

- Applesauce
- Mashed Banana
- Ground Flaxseeds or Chia Seeds
- Silken Tofu
- Vinegar and Baking Soda
- Yogurt or Buttermilk
- Arrowroot Powder
- Nutritional Yeast
- Aquafaba
- Nut Butter
- Egg Whites (minus the yolk)

Processed Sugar

- It is known that too much added sugar of all kinds — not just high-fructose corn syrup — can contribute unwanted calories that are linked to health problems, such as weight gain, type 2 diabetes, metabolic syndrome and high triglyceride levels. All of these boost your risk of heart disease.
- The sweetener is made from processed corn starch. Starches are made of long chains of linked sugars, and HFCS is produced by breaking down the starch into a syrup made of the sugar glucose. Manufacturers then add enzymes to the substance to convert some of the glucose into fructose, which tastes much sweeter.
- High-fructose corn syrup is added to everything, from pop/soda, juices, breads to canned fruits, salad dressings and more.
- A 2013 study revealed that high-fructose corn syrup has similar effects on the brain as addictive drugs like cocaine.

Sugar Alternatives

- Agave Nectar
- Coconut Sugar
- Maple Syrup
- Local or Manuka Honey
- Monk Fruit Extracts (Nectresse, Monk Fruit in the Raw, PureLo)
- Date Paste
- Stevia Extracts
- Yacon Syrup



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White Flour Products

- Regular consumption of white flour can lead to the conditions like fatty liver, raises bad cholesterol in your bloodstream resulting in several health issues such as high blood pressure, weight gain, mood swings and progression toward obesity.
- When you consume starch and refined sugar, these foods enter the bloodstream quickly, causing a sugar spike. The substance in our diet that's most responsible for these surges is starch, namely, anything made from potatoes, rice, flour, corn, or other grains.
- Carbohydrates that come from white bread, white rice, pastry, sugary sodas and other highly processed foods can make you fat.

Flour Alternatives

- Rolled Oats
- Spelt
- Almond Flour
- Coconut Flour
- Quinoa Flour
- Chickpea Flour
- Brown Rice Flour

Bread Replacements

- Oopsie Bread
- Ezekiel Bread
- Corn Tortillas
- Rye Bread
- Lettuce and Leafy Greens
- Sweet Potatoes and Vegetables
- Butternut Squash or Sweet Potato Flatbread
- Cauliflower Bread or Pizza Crust
- Lettuce Wraps

Food Poisoning

- Herbicide Glyphosate, via Monsanto, has infiltrated everything. It's been found in our processed food, our "fresh" food and our urine. Glyphosate strips our gut of good flora, causing our gut to be overridden with bad bacteria. Approximately 80% of our immunity lives within our gut.
- Genetically modified organisms (GMOs) are living organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering. This creates combinations of plant, animal, bacteria, and virus genes that do not occur in nature or through traditional crossbreeding methods. GMO food has also been descaled of minerals and nutrients.

Produce ID Codes

- Conventionally grown is a four-digit code that starts with a 3 or 4.
- Organic produce is a five-digit code that starts with a 9.
- Genetically-modified fruit or vegetables is a five-digit code that starts with an 8.
- AVOID ANYTHING LABELED "BIOENGINEERED." THIS IS THE SAME AS GMO, WHICH IS NUTRIENT AND MINERAL-DEFICIENT FOOD.



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Dirty Dozen Foods

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes

Clean 15 Foods

- Avocados
- Sweet corn
- Pineapples
- Frozen sweet peas
- Onions
- Papayas
- Eggplants
- Asparagus
- Kiwis
- Cabbages
- Cauliflower
- Cantaloupes
- Broccoli
- Mushrooms
- Honeydew melons

