

eat real food



Grocery Shopping Tips

- Stick to the perimeter of the store – avoid the aisles.
- Keep a list on your fridge – when something is finished, check it off to buy next time.
- Shop according to your meal plans – plan out your week ahead of time.
- Do not go shopping while hungry – make sure you have a snack with you.
- Always read the label – don't purchase if sugar is located within the first 3 ingredients.
- Purchase frozen no-name brands whenever possible – they're less expensive.
- Buy frozen fruits and vegetables instead of canned.
- Package deli meats and fish in individual serving sizes (100g or 4oz/112g – 28g to 1 oz.).
- Experiment with a variety of fruits and vegetables.
- Take advantage of bulk foods – especially nuts and seeds (nuts and seeds should be raw and stored in the fridge).
- Avoid prepared, marinated and pre-spiced foods – especially meats.
- Experiment with spices – oregano, sage, basil, rosemary, thyme, dill, celery salt are good options.
- Think of time savers. Whenever possible, buy pre-washed/sliced or minced vegetables – mushrooms, garlic, lettuce in a bag or cabbage mix in a bag.
- Just because it has the health check symbol or is organic does not mean it's *healthy* or *balanced*.
- Purchase everyday items in bulk when on sale – you'll save time and money.

Tips on Choosing Fruits and Vegetables

- Choose at least 1 dark green and 1 orange vegetable daily. Dark green and orange vegetables are packed with nutritious and disease-fighting vitamins.
- Try dark green vegetables including arugula, broccoli, chard, dandelion, kale, collards, mustard greens and salad greens, including romaine lettuce, spinach or mesclun.
- Try orange vegetables like carrots, sweet potatoes, squash, pumpkin or yams. Apricots, cantaloupes, mangoes, nectarines, papaya and peaches are also good choices and may be chosen instead of an orange vegetable.
- Pick fruits and vegetables that are local and in season. Grocery stores are required to indicate where the food items are coming from so it should be easy for you to identify the foods' origin. Fruits and vegetables that are in season are always less expensive.

Fruit and Vegetable Check List

Fruits and vegetables are an excellent source of water, fiber, energy-rich carbohydrates, and many vitamins and minerals; they also have an alkalizing effect on the body, which helps keep us from becoming too acidic (an acidic body promotes cell damage).

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Below, check off the fruits and vegetables you prefer. How many of these do you actually eat? Bring this list to the grocery store and choose something new. Experiment with new recipes!

Fantastic Fruit

Heating fruit destroys both vitamin C and live enzymes that support a healthy immune system.

<input type="checkbox"/> Apple	<input type="checkbox"/> Grapes	<input type="checkbox"/> Persimmon
<input type="checkbox"/> Apricots	<input type="checkbox"/> Guava	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Avocado	<input type="checkbox"/> Kiwifruit	<input type="checkbox"/> Plum
<input type="checkbox"/> Blackberries	<input type="checkbox"/> Lemon/Lime	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Mango	<input type="checkbox"/> Raspberries
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Nectarine	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Cherries	<input type="checkbox"/> Papaya	<input type="checkbox"/> Star fruit
<input type="checkbox"/> Currants	<input type="checkbox"/> Peach	<input type="checkbox"/> Tangerine
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Pear	<input type="checkbox"/> Watermelon

Valuable Vegetables

Like fruit, raw vegetables provide vitamins and live enzymes. Cooked vegetables maintain some vitamins as well as minerals, and many are excellent sources of calcium, magnesium, and iron. Try your veggies raw, steamed, baked, broiled, grilled, or 'souped'.

<input type="checkbox"/> Artichoke	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Peppers, hot
<input type="checkbox"/> Asian greens	<input type="checkbox"/> Endive	<input type="checkbox"/> Peppers, sweet (red, orange, yellow)
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Fennel bulb (anise)	<input type="checkbox"/> Potato, sweet
<input type="checkbox"/> Beans (green, yellow)	<input type="checkbox"/> Herbs, fresh (parsley, cilantro, thyme, oregano, garlic, etc.)	<input type="checkbox"/> Radishes
<input type="checkbox"/> Beets	<input type="checkbox"/> Kale	<input type="checkbox"/> Snow peas
<input type="checkbox"/> Beet greens	<input type="checkbox"/> Leeks	<input type="checkbox"/> Spinach
<input type="checkbox"/> Bok choy	<input type="checkbox"/> Lettuce (Romaine, mixed greens)	<input type="checkbox"/> Sprouts (alfalfa, buckwheat, sunflower, radish)
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Squash
<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Mustard greens	<input type="checkbox"/> Swiss chard
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Okra	<input type="checkbox"/> Tomato
<input type="checkbox"/> Carrots	<input type="checkbox"/> Onions (green, red, Spanish, etc.)	<input type="checkbox"/> Turnip/rutabaga
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Turnip greens
<input type="checkbox"/> Celery	<input type="checkbox"/> Peas	<input type="checkbox"/> Yams
<input type="checkbox"/> Chinese broccoli	<input type="checkbox"/> Peppers, green	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Collard greens		
<input type="checkbox"/> Corn		
<input type="checkbox"/> Cucumber		
<input type="checkbox"/> Dandelion greens		

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Preparing and Storing Fresh Produce

Prepare Vegetables and Fruit That Taste Great

- Experiment with recipes that include different leafy greens such as beet greens, chard, chicory, collards and kale.
- Make a salad with spinach or arugula instead of iceberg lettuce.
- Steaming vegetables in a small amount of water for a few minutes works to retain more nutrients than boiling them.
- In soups, include orange vegetables such as squash (acorn, hubbard or butternut), pumpkin, sweet potatoes or yams baked, boiled or pureed.
- Serve a platter of raw vegetables like green, yellow, orange or red peppers, and cherry or grape tomatoes. Try them with dips made with Greek yogurt.
- Enjoy peaches, mangoes or berries in smoothies, with Greek yogurt or in fruit compotes or cold soups.
- Add apples, pears, peaches, strawberries or oranges to salads. **Keep Vegetables and Fruit Fresh and Safe to Eat**
- Use vegetables and fruit that are not damaged or wilted.
- Wash all produce thoroughly if intended to be eaten raw, even prior to peeling.
- Cut raw vegetables and fruit on clean cutting boards that have not been used to cut or prepare raw meat, raw poultry or raw fish.
- Store vegetables and fruit properly to avoid spoilage. - Leafy greens, broccoli and cauliflower should be kept refrigerated and used within a week. - Frozen vegetables and fruit can be kept for up to one year. **Enjoy Vegetables and Fruit Prepared with Little or No Added Fat, Sugar or Salt**
- Avoid adding butter and rich sauces to vegetables.
- Use organic, low-sodium broths or soy sauce to add flavour.
- Skip the french fries, poutine, and other deep-fried vegetables like tempura, zucchini sticks and onion rings. Eat a baked potato, sweet potato or salad instead.
- To enhance the flavour of vegetables, use fresh or dried herbs, spices, flavoured vinegar or lemon juice instead of salt.

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Sugar and Sugar Alternatives

Sugar will make you more FAT than fat will ever make you! The bottom line is that we need to drastically reduce the amount of sugar in our diets. You might be saying to yourself, “Oh, I don’t eat white sugar.” Well, just because you don’t consume white sugar doesn’t mean your diet is low in sugar.

Sugar includes: glucose, fructose (as in fruit sugar), lactose (as in milk), sucrose (as in table sugar), maltose or malts (as in rice malt and honey), jam (contains concentrated juice which is high in fruit sugar), maple syrup, corn syrup, palm sugar (traditionally used in macrobiotic cooking), and the very deceiving organic brown sugar, which is not all that different from white sugar.

Sugar is a major culprit in the case against obesity. For obese individuals, consuming even a teaspoon of sugar a day would cause metabolic imbalances that contribute to obesity. Sugar is to be avoided not only by those who are obese, but by healthy individuals as well.

Sugars Found on Food Labels:

- Fructose
- High Fructose Corn Syrup
- Glucose
- Invert Sugar
- Corn Sweetener
- Corn Syrup
- Fruit Juice Concentrate
- Sucrose (table sugar)
- Honey
- Lactose
- Maltose
- Raw Sugar
- Brown Sugar
- Molasses
- Turbinado