

Healthy Grocery Shopping

Animal Protein

It is nutritionally unacceptable to eat animals raised with the use of antibiotics and hormones. Animals that are allowed to feed on green food (rather than grain) are leaner and have higher levels of the anti-inflammatory omega-3 fatty acids. Look for meat that is grass-fed and grass-finished. Grass-finished is the highest quality, as the animals were not fed grain prior to slaughter to increase weight:

Eggs: free range (Schultz Farms)

Fish: cold-water (wild salmon, mackerel, sardines)

Beef: grass-fed, grass-finished, no hormones/antibiotics (Thousand Hills Cattle Company)

Poultry: free range, no hormones/antibiotics

Pork: pastured

Natural hot dogs (Applegate Farms)

Nitrate-free deli meat (Applegate, Boar's Head)

Butter

Butter and ghee are the best-tolerated dairy products. Raw butter is unavailable commercially. Look for organic sources that come from grass-fed cows.

Butter, grass-fed (Pastureland)

Ghee (also called clarified butter)

Canned and Dried Goods

Fresh is always best, followed by frozen and finally canned, which are high in sodium. Dried fruits are concentrated forms of sugar. Glass bottles are always better than cans:

Salmon, salt-free

Tuna, salt-free (cheaper tuna has less mercury)

Tomatoes, organic, low sodium

Dairy Products

Along with gluten, it is the most common food intolerance in the American diet. Pasteurized dairy products may lack the enzymes necessary to aid in digestion. But, there is much controversy about the safety of raw milk. The only commercially available forms of unpasteurized dairy products are raw cheeses. Fermented dairy products have varying levels of beneficial bacteria:

High Quality Dairy

Kefir (Nancy's, or make it yourself)

Yogurt (7 Stars Farm or Nancy's is best)

Goat's Milk (alternative for cow's milk)

Raw Goat Cheese

Raw Cow Cheese

Medium Quality Dairy

Cottage Cheese

Mild Cow Cheese (mozzarella)

Cow's Milk (Cedar Summit Farm is organic and grass-fed)

Fruit

Avoid fruit juice, as it is concentrated sugar. Sour fruit has the lowest sugar content. Fruits are considered to be a health food, yet they contain high levels of fructose, which is particularly damaging

when consumed in high amounts. A good rule is to eat fruits in season:

Low sugar fruits (lowest to highest FRUCTOSE content)

Casaba melon

Lime

Lemon

Cranberry, no sugar added

Guava

Grapefruit

Strawberry

Honeydew melon

Figs, fresh

Nectarine

Plum

Apricot

Papaya

Cherry, sour only

Blueberry

Pineapple

Medium sugar fruits

Peach

Blackberry

Cantaloupe

Raspberry

Orange

Pomegranate

Kiwi

Watermelon

Banana

Cherry, sweet

Pear

Grape

Mango

Apple

High sugar fruits

Prune, dried

Apricot, dried

Peach, dried

Date

Fig, dried

Raisin

Currant

Grains

Along with dairy products, gluten is the most common intolerance in the American diet. Gluten is a protein found in many grains including wheat, rye, barley, and spelt. Many Americans will benefit from a decrease in grain consumption, as they are the primary source of calories in the American diet. Soaking grains in water for 8-24 hours will increase their digestibility:

Gluten-free Grains

Amaranth

Buckwheat (actually a grass)

Corn

Millet

Oatmeal (if labeled gluten-free)

Quinoa

Rice

Better Tolerated Form of Wheat

Sprouted Wheat (Ezekial, Essene, or Manna bread)

Legumes

Should be soaked 8-24 hours and cooked with kombu or sea salt to improve digestion. Sprouted beans are much easier to digest. Soy products and peanuts are common food allergens. Soy has become a "health food" and soy protein isolate is used as an inexpensive protein source in many vegetarian foods. It is a poor quality soy product and should be used sparingly, if at all. Tempeh and miso are the best quality soy products and can be used. Tofu and soy milk are best used in moderation. Follow the blood type suggestions:

Type O: **Beneficial** azuki, pinto, black-eyed peas
Avoid copper, navy, kidney, tamarind, peanuts, lentils

Type A: **Beneficial** azuki, black, green, pinto, soy, tempeh, tofu, lentils, peanuts, black-eyed peas
Avoid copper, garbanzo, kidney, lima, navy, red, tamarind beans

Type B: **Beneficial** kidney, lima, navy beans
Avoid azuki, black, garbanzo, pinto, lentils, peanuts, black-eyed peas

Type AB: **Beneficial** navy, pinto, red, peanuts, soy, tempeh, tofu, green lentils
Avoid azuki, black, fava, garbanzo, kidney, lima, black-eyed peas

Nuts and Seeds

Raw is much healthier than roasted. Soak 8-24 hours to increase digestibility. Peanuts are a legume, not a seed, and often associated with a fungus overgrowth called aflatoxin. Even organic peanuts are susceptible. A coffee grinder can be used to grind fresh flax, hemp, or chia seed. These freshly ground seeds should be stored in the freezer and should be used quickly.

Flax Seed	Pumpkin Seeds
Hemp seed	Chia seed
Almonds	Walnuts

Oils (Organic and Unrefined)

The best oils are unrefined and taste like the seed from which they were pressed without the use of solvents. They should be stored in opaque containers to protect them from light, oxygen, and heat. Oils should always be consumed fresh. Refined oils should be avoided except for high heat cooking. Do not cook with oils above their smoke point as this will damage the oil. Cold-pressed describes the process of extracting the oil from the seed without the use of hexane. The European definition of cold pressed means < 122° F. This term has been used erroneously in the US. Use oils from proven manufacturers who are willing to back up their claims. Examples of higher quality oils:

- Unrefined organic coconut oil (medium heat)
- Extra virgin organic olive oil (medium heat)
- Unrefined red palm oil (high heat)
- Unrefined organic pumpkin seed oil (no heat)
- Unrefined organic flax oil (no heat)
- Unrefined organic sesame oil (no heat)
- Unrefined organic walnut oil (no heat)

Vegetables, Cultured

These are the best example of medicinal foods, as high quality raw fermented foods promote digestive health. Pasteurized are not as beneficial as the pasteurization destroys the beneficial enzymes. Cultured vegetables are excellent for controlling sugar cravings:

Kombucha	Raw apple cider vinegar
Coconut kefir	Raw sauerkraut

Vegetables, Land

Vegetables are the most abundant foods on earth. They are the best source of vitamins and minerals. Non-starchy vegetables never need to be limited in the diet. Starchy vegetables have a higher glycemic load and may need to be limited as they quickly turn to sugar in the body. Eat more raw vegetables in the summer and eat cooked vegetables in soups and stews in the winter:

Non-Starchy Vegetables

Asparagus	Kale
Beet greens	Kohlrabi
Bok Choy	Leeks
Broccoli	Lettuce (not iceberg)
Brussels sprouts	Mustard greens
Burdock root	Okra
Cabbage	Onions
Carrots	Radishes
Cauliflower	Peppers (nightshade)
Celery	Scallions
Chives	Shallots
Collard greens	Spinach
Cucumber	Sprouts
Dandelion greens	Swiss chard
Eggplant (nightshade)	Turnips
Garlic	Watercress
Green beans	Yellow squash
Jicama	Zucchini

Starchy Vegetables

Beets	Yams
Parsnips	Sweet potatoes
White potatoes (nightshade)	

Foods to Buy Organic

Celery	Peach
Strawberry	Apple
Blueberry	Nectarine
Bell pepper	Spinach
Kale	Cherry
Potato	Grape

Foods Not Necessary to Buy Organic

Onion	Avocado
Sweet corn	Pineapple
Mango	Asparagus
Sweet peas	Kiwi
Cabbage	Eggplant
Papaya	Watermelon
Broccoli	Tomato
Sweet potato	

Cookbooks

Fallon, [Nourishing Traditions](#)

Katzen, [Get Cooking](#)

Mateljan, [World's Healthiest Foods](#) (www.whfoods.com)