

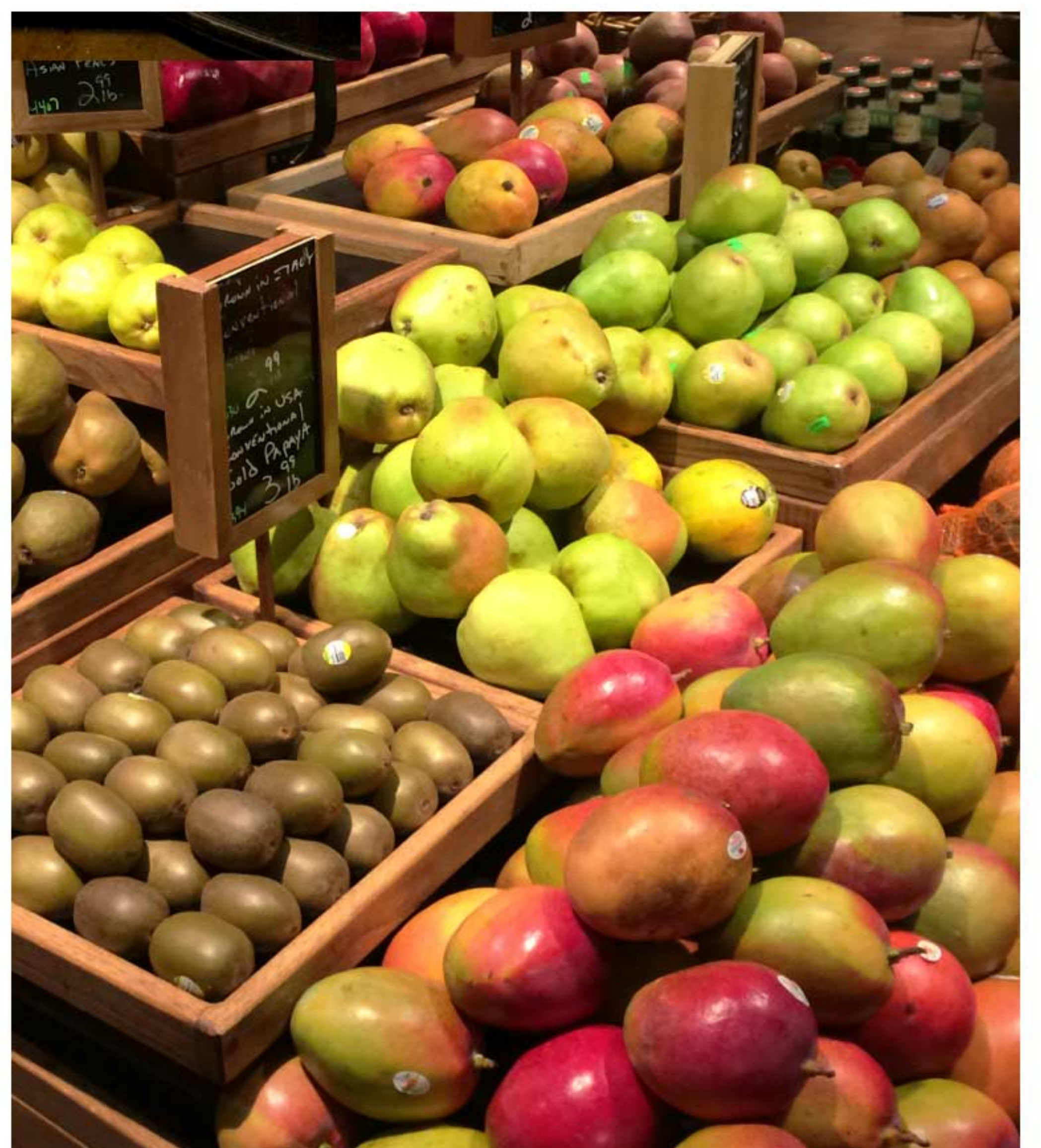


familygonehealthy.com

# REAL FOOD

## grocery guide

A Helpful Guide For Shoppers On the Go







# WHAT IS REAL FOOD?

Real foods are foods that are as close to their natural source as possible.

## REAL FOOD INCLUDES

- Plenty of fruits and vegetables
- Pastured or grass fed meat
- Wild caught seafood
- Unrefined grains
- Natural sweeteners
- Eggs from healthy chickens
- Whole fat dairy products

Some minimally processed food is allowed if it contains only a handful of ingredients that are foods you would use in your own kitchen. Real foods are NOT highly processed foods, factory farmed meat, low fat dairy, or many other food-like items that can be found at the supermarket. If a food item has many more than five ingredients, or ingredients that are unpronounceable, it probably isn't real food.







# PRODUCE

Most foods in the produce section are a good choice. All fruits or vegetables are considered whole foods. It is preferable to eat any local produce options for multiple reasons.

## CHOOSE LOCAL

- Supports economy in your community.
- Less time from farm to consumer so produce is fresher.
- Less distance to travel helps the environment.



There is also a choice between organic and conventional produce. Organic produce is usually more expensive but does not contain harmful, cancer-causing pesticides. If price is an issue, then try to buy organic for produce that contains the most pesticides, called the "dirty dozen." The "clean 15" is a list of fruits and vegetables that have the least pesticide residue, so buying conventional for those would be okay.

## THE DIRTY DOZEN - Get these organic whenever possible



**APPLES**



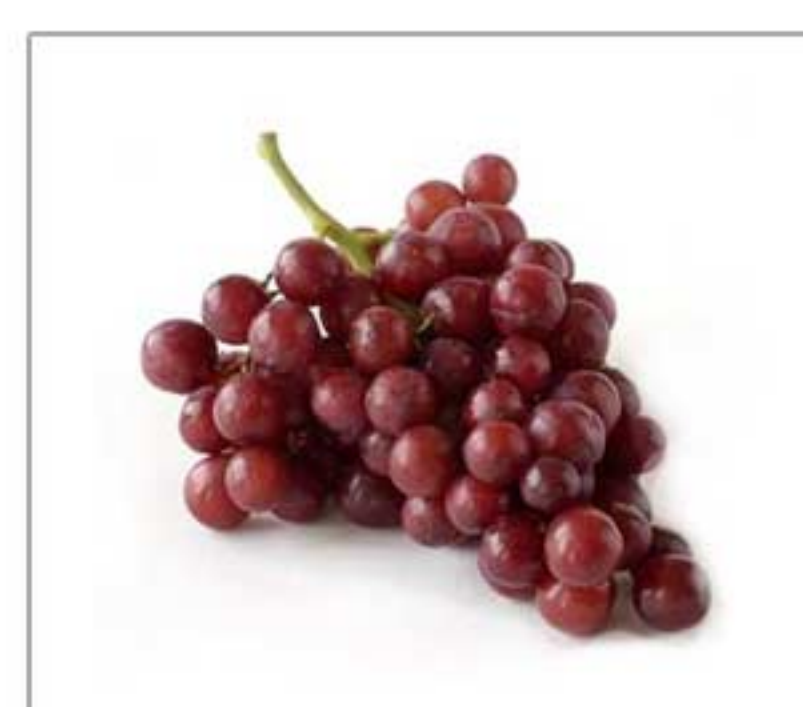
**CELERY**



**CHERRY TOMATOES**



**CUCUMBERS**



**GRAPES**



**HOT PEPPERS**



**NECTARINES  
(imported)**



**PEACHES**



**POTATOES**



**SPINACH**



**STRAWBERRIES**



**SWEET BELL PEPPERS**

## THE CLEAN FIFTEEN - These have the least amount of pesticides



**ASPARAGUS**



**AVOCADOS**



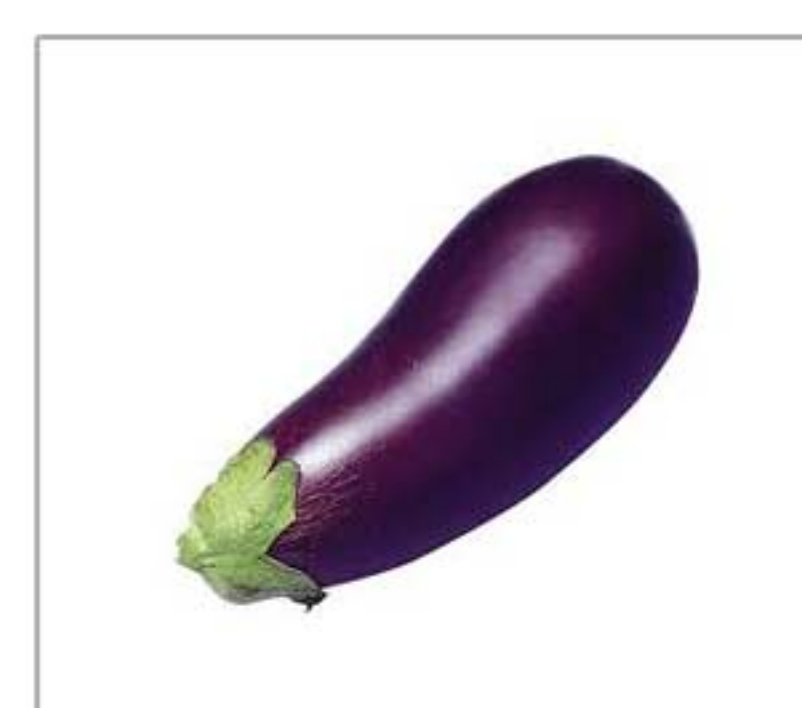
**CABBAGE**



**CANTALOUPE**



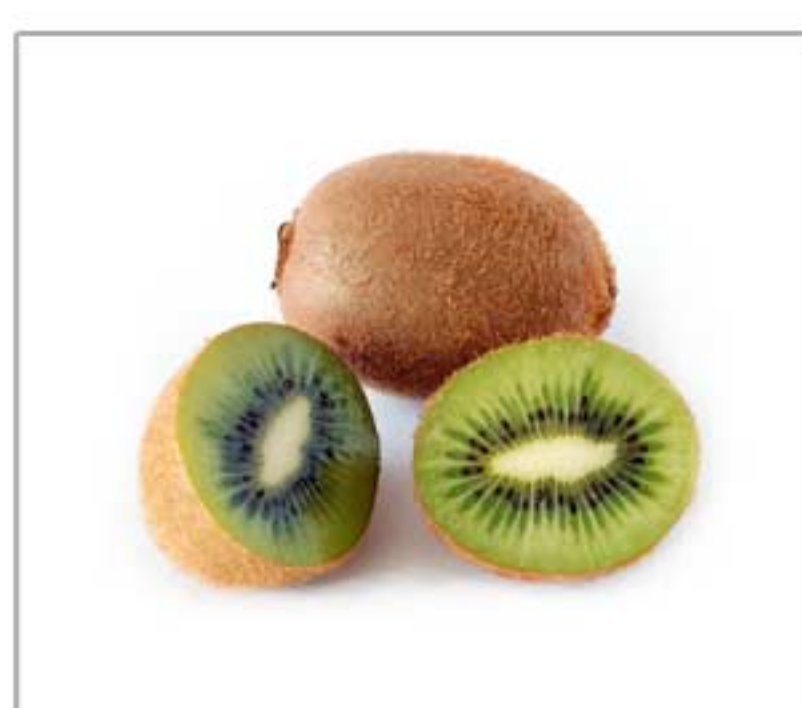
**SWEET CORN**



**EGGPLANT**



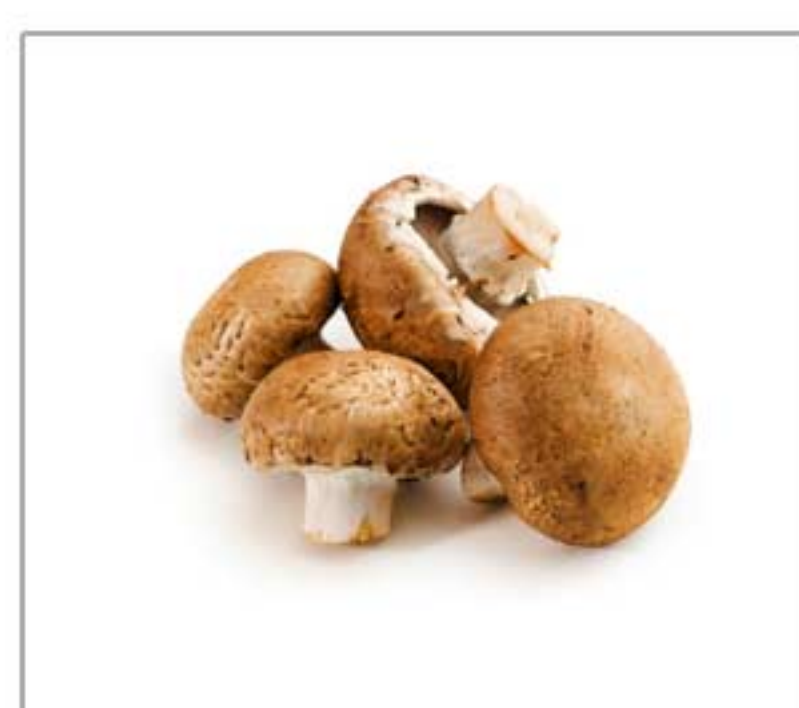
**GRAPEFRUIT**



**KIWI**



**MANGOS**



**MUSHROOMS**



**ONIONS**



**PAPAYAS**



**PINEAPPLES**



**SWEET PEAS  
(frozen)**



**SWEET POTATOES**

Courtesy of The Environmental Working Group - <http://www.ewg.org/foodnews/summary.php>

## SUMMARY

Choose local, organic produce when possible.






# MEAT

**Meat from industrial factory-farms is not real food. These animals live in horrid conditions.**

They are fed an unnatural diet of genetically-modified corn and soy feed. They live in cramped pens where they usually do not even see sunlight. We get a lot of our meat from local farms where we can see how the animals are raised. Healthy meat definitely comes with a larger price tag, but it is worth it.




Check out farmers' markets or join a meat CSA in your area. If shopping at a regular grocery store look for meat that does not contain additives and that the animal was fed its natural diet. Not to mention that waste from industrial meat farms is a huge environmental issue. Factory farms and fish farms cause many problems such as excess waste runoff, overuse of antibiotics leading to antibiotic-resistant bacteria, and disease of animals living in close quarters.



## BEEF

Cows are meant to eat grass and cannot properly digest conventional feed made from soy/corn. Look for grass fed beef. This meat will be healthier and full of omega fatty acids. The taste will have a stronger flavor. Once you eat grass fed beef, you will not be able to eat the flavorless industrial beef again!



## PORK

Go for pastured pork. Pigs from factory-farms live in some of the most horrible, confined conditions and kept in pens where they cannot even turn around. The taste of a pastured pork product is unmatched. You can also eat sausage and bacon if it comes from a pastured pig because those do not contain nitrates or extra sodium.



## CHICKEN & OTHER MEATS

Go for pastured. Chickens and other animals that have access to the fresh outdoors will be happier and healthier, resulting in more nutritious meat with better flavor.



## WILD CAUGHT SEAFOOD

Farm raised seafood is pumped with antibiotics and a huge environmental concern. Many fish farms in China have been found to feed fish all kinds of nasty chemicals. Only buy wild caught fish and do not eat fish imported from China.

## SUMMARY

**Avoid any conventional meat, farmed seafood, and super processed meat such as lunch meat that is full of additives. Go for pastured, locally raised meats and wild, sustainably-caught seafood.**





# DAIRY AND EGGS

## EGGS

Always choose eggs from free-range chickens. Chickens that are allowed to eat bugs and other insects have more nutritious eggs.

If you have ever cracked a supermarket egg and compared it to a fresh free-range egg, you can see the difference in yolk color. Also, just because the carton says "cage-free" does not mean that the chickens roam freely. It is best to get your eggs locally from a known source, if possible.



CONVENTIONAL EGG



FREE-RANGE EGG



## DAIRY

Dairy is the one food group that you should always eat organic. Non-organic dairy cows are pumped full of growth hormones and antibiotics. These end up in the milk. You do not want to feed your young children a lot of dairy from conventional cows since the hormones mimic estrogen. Look for "no rBGH" or "no rBST" on the label. Milk from grass fed cows is also the best choice if available.

### WHOLE MILK



Whole milk is closer to the source than low fat or skim milk. The flavor is also superior. Always try to buy it local if possible.

### WHOLE MILK YOGURT

For yogurt, choose full fat plain yogurt. Other flavors often contain added sugar and even artificial sweeteners.



### FULL FAT CHEESES



When choosing cheese, go for solid blocks that you can shred yourself. Pre-shredded cheese contains cellulose (wood pulp) and other ingredients as anti-caking agents.

## SUMMARY

Go for organic, full fat dairy products. Choose free-range eggs from pastured chickens and blocks of cheese to shred.





# AISSLES

A lot of the foods in the middle aisles are highly processed and aren't real food. You will have to become a label reader and check the ingredients listed on everything that you buy from the grocery store. Some stamps on the packaging make this a little bit easier.

## CERTIFIED ORGANIC



The "certified organic" symbol means that the product does not contain ingredients grown with pesticides and it also does not contain GMOs.

## NON-GMO PROJECT



Look for the non-GMO Project verification stamp on the packaging to know that the product does not contain any genetically-modified ingredients.

-- [LEARN MORE](#) --

## REAL INGREDIENTS



When looking at the ingredient labels, choose foods that only contain ingredients that you would cook with in your own kitchen. Rule of thumb - if you can't pronounce it, it's probably not good for you.

## AVOID

### ARTIFICIAL SWEETENERS -- [LEARN MORE](#) --



SACCHARIN



ASPARTAME



SUCRALOSE



ACESULFAME K



NEOTAME

## ANY DERIVATIVE OF SOY

Most likely genetically-modified

- HYDROLYZED SOY PROTEIN
- MONO-GLYCERIDES
- DI-GLYCERIDES
- MSG (MONOSODIUM GLUTAMATE)
- SOY LECITHIN
- SOY PROTEIN (CONCENTRATE, HYDROLYZED, ISOLATE)
- SOYBEAN OIL
- TEXTURED VEGETABLE PROTEIN



## ANY DERIVATIVE OF CORN

Most likely genetically-modified and almost always filler

- HIGH FRUCTOSE CORN SYRUP
- DEXTROSE
- CORN SYRUP
- MALTODEXTRIN
- XANTHAN GUM



-- [LEARN MORE](#) --

## REFINED GRAINS

Look for 100% whole wheat products. Other common whole grains are quinoa, farro, oats, and brown rice. Avoid "enriched" flour which means that it is stripped of all nutrition and synthetic vitamins are added back in.



## ARTIFICIAL DYES

Artificial dyes are added in food for purely cosmetic purposes. Any ingredient label that lists a color with a number is an artificial petroleum-based dye.

-- [LEARN MORE](#) --

See the graph to the right to view some of the common colors. Colors can also be listed as "Lake".



## SUMMARY

Avoid artificial sweeteners and dyes. Use sparingly any ingredients made from corn or soy, since these may be GMO. Look for this certified organic or non-GMO project labels on packages. Choose 100% whole grains.