



Reference Guide To Discover REAL FOOD

Table of Contents

- Meaning of Food - page 3
- Organic vs. Conventional Produce, Meat and Dairy - page 3
- INGREDIENTS TO AVOID
 - Genetically Modified Organism's - page 5
 - All Natural Products - page 6
 - Monosodium Glutamate (MSG) - page 6
 - Sugars and Sugar Substitutes - page 7
 - Hazardous Chemicals - page 8
 - Food Dyes - page 9
- EDUCATION ABOUT REAL FOOD
 - Meat and Dairy - page 10
 - Fats and Oils - page 13
- How to Adapt any Recipe to Make it with REAL FOOD - page 14
- A REAL FOOD Shopping List - page 18
- Mindful Grocery List Template - page 23
- Available Options from Mindful Wellness - page 24

MEANING OF FOOD

Food should not be considered **GOOD** or **BAD** but **Nutritious** or **Non-Nutritious**.

Food decisions work on an internal basis, but a diet promotes external stressors. Children eat from the **inside out**, so why do we as adults eat from the **outside in**? Don't ignore your cravings they are telling you something. Eat for awareness and enjoyment and realize cravings are telling your body it is missing something. Your body wants to be satisfied, let's learn how to feed it.

It is hard to eat for health when there are so many questions out there on what is good and what is bad. I have created this Resource Guide as a tool to help you begin to understand what your body **needs** and **wants** in order to be **HEALTHY**. Let's replace diet mentality with a lifestyle change.

ORGANIC VS. CONVENTIONAL PRODUCE

What does "Organic" REALLY mean?

When you buy organic produce it means there is no use of pesticides, chemical exposure and no use of genetically modified seeds. The soil is kept nutrient rich, so the food grown can nourish us and satisfy our bodies.

FARMING

TRADITIONAL/CONVENTIONAL

VS.

ORGANIC

- apply chemical fertilizers to the soil
- use insecticides to get rid of insects and disease
- control weed growth by applying synthetic herbicides and barriers

- feed and build soil with natural fertilizer
- natural methods such as insect predators
- use crop rotation, tillage, hand weeding, natural herbicides and cover crops and mulches to control weeds.

Pesticides can have many negative influences on health, including neurotoxicity, disruption of the endocrine system, carcinogenicity, and immune system suppression.

The Environmental Protection Agency (EPA) considers **60 % of herbicides, 90 % of fungicides and 30 % of insecticides to be carcinogenic** (substances that cause, or tend to cause cancer).

Aside from pesticide contamination, conventional/traditional produce tends to have **fewer nutrients** than organic produce. On average, conventional produce has only **83%** of the nutrients of organic produce. Studies have found significantly higher levels of nutrients such as vitamin C, iron, magnesium and phosphorus in organic crops.

Conventional farming only replaces 3 key minerals to the soil; **Potassium, Phosphorus and Nitrogen.**

The **Environmental Working Group** released an updated report that identified foods in the conventional, non-organic food supply that contained the highest number of pesticide residues. The worst offenders, which were nicknamed the "**The Dirty Dozen**," included:

The Dirty Dozen:

- Apples
- Blueberries-domestic
- Celery
- Cucumbers
- Grapes-imported
- Lettuce
- Nectarines-imported
- Peaches
- Potatoes
- Spinach
- Strawberries
- Sweet bell peppers

The Clean 15:

- Asparagus
- Avocado
- Cabbage
- Cantaloupe-domestic
- Eggplant
- Grapefruit
- Kiwi
- Mangoes
- Mushrooms
- Onions
- Pineapples
- Sweet Corn
- Sweet Peas
- Sweet Potatoes
- Watermelon

Conventionally grown items on the "**The Clean 15**" list are generally low in pesticides. "More than 90 percent of cabbage, asparagus, sweet peas, eggplant and sweet potato samples had one or fewer pesticides detected," the report says. "Of the 'Clean Fifteen' vegetables, no single sample had more than 5 different chemicals, and no single fruit sample from the 'Clean Fifteen' had more than 5 types of pesticides detected."

Environmental Working Group website-----><http://www.ewg.org/foodnews>

How can you find Organic Produce in the Grocery Store?

The "**PLU**" codes, or "price look-up" codes are found on produce at the grocery store on those little round stickers. But did you know that these codes can also give you clues about how that produce was grown?

- A code that is four digits long means "**conventionally grown**". (Chemicals are used.)
- A code that is five digits and begins with "**9**" is "**organic**".
- A code that has 5 digits and begin with an "**8**" means is a genetically modified fruit or vegetable. (this is very rare).

Great link that discussed the PLU Code-----> <http://www.ifpsglobal.com/>

If you've been tempted to buy **organic meat or poultry** but you're not sure what it means, I would like to provide some insight. In order to be certified to the US Department of Agriculture's (USDA) organic standards, farms and ranches must follow a strict set of guidelines. A third-party certifier inspects these farms and ranches annually to ensure the standards are met.

Here are a few of the **key requirements** for organic poultry, cattle and pigs:

- Must be raised organically on certified organic pastures
- Must be fed certified organic feed for their entire lives
- No drugs, antibiotics or growth hormones are allowed
- Must have year-round outdoor access

Overall, the animals' organic feed cannot contain animal by-products, antibiotics or genetically engineered grains and cannot be grown using persistent pesticides or chemical fertilizers.

Does organic cost more?

When the cost is higher, consider these facts:

- Organic farmers don't receive federal subsidies like conventional farmers do. Therefore, the price of organic food reflects the true cost of growing.
- Organic farming is more labor and management intensive.
- Organic farms are usually smaller than conventional farms, meaning they do not benefit from the economies of scale that larger growers receive.

INGREDIENTS TO AVOID

GENETICALLY MODIFIED ORGANISMS

Although humans have genetically modified animals and plants since the beginning of civilization, they did it with selective breeding through natural reproduction over decades or centuries. Modern techniques, however, can transfer genetic material from one organism to another to instantly create entirely different variants. Such artificially mutated foods are a source of unresolved controversy over the uncertainty of their long-term effects on humans and food chains.

Any seed genetically modified is made to resist or tolerate pesticides, insects, or viruses. In addition, seeds show a decrease in spoilage and production of antibodies.

In other parts of the world, such as the European Union, Japan, Malaysia and Australia consumers demand labeling so they can exercise choice between foods that have genetically modified, conventional or organic origins.

Some estimates say as many as 30,000 different products on grocery store shelves are "*modified.*" The **top four GMO products** in the United States are **sugar beets, corn, soy, and cotton.**

The reality is most people don't even know they are eating genetically modified foods. The amount of this foreign makeup in their body is confusing things and negatively impacting overall body health.

Check out this link to read about Genetically Modified foods information including a list of pros and cons----> <http://www.disabled-world.com/fitness/gm-foods.php#ixzz2BUdkZL2e>

GMO Shopping Guide----> <http://www.nongmoshoppingguide.com/>

ALL NATURAL PRODUCTS

The FDA **does not** regulate claims of "All Natural".

According to the Food and Drug Administration web site: "It is difficult to define a food product that is 'natural' because the food has probably been processed and is no longer the product of the Earth. That said, the FDA has not developed a definition for use of the term natural or its derivatives." The only definition the industry has to abide by is that the item at one point in time came from the EARTH; there are no 'natural' certainties about the final product being marketed to consumers.

The original item might be from nature, but then it was physically and chemically modified, contaminated, or altered in ways which destroyed most or all of its natural properties.

Because there is no definition, **the FDA doesn't review or approve** the label each time it's used. It's up to the companies to decide if their product is natural or not.

MONOSODIUM GLUTAMATE (MSG)

MSG is an **excitotoxin**, an ingredient known to cause nerve damage by overexciting nerves. This is exactly how MSG enhances the taste of foods, by overexciting the taste buds on your tongue. It also causes the nerves, especially those in the brain, to become so overexcited that they continue to fire impulses, killing the neurons. There is no way a nerve can go from such an excited state back to normal pulsing.

Why is it added? The food being prepared for sale to the public is made with lower quality ingredients and preservatives allowing it to have a longer shelf life. The addition of MSG enhances the flavor of the low quality food and makes it more appealing to our taste buds, making it addictive.

SUGARS & SUGAR SUBSTITUTES

-HIGH FRUCTOSE CORN SYRUP or HFCS is made from genetically modified corn (GMO). HFCS is made through a chemical brewing process. A caustic soda is created when raw materials are exposed to pools of electrified mercury in a large vat. When the corn kernels are exposed to this caustic soda, they break down to help in the making of HFCS. Unfortunately, the mercury contamination remains.

Other names for HFCS are: Iso-glucose, Glucose-fructose syrup, Corn Syrup and Fruit fructose.

Examples of products that may contain HFCS: Yogurt, Nutri Grain Bars, Applesauce, Fat Free Fig Newtons, Whole Grain Pop Tarts, Soft Drinks, Breakfast foods (pancakes, waffles), Children's Vitamins, Drink Mixes and many Syrup, Jellies and Jams.

-ASPARTAME (Rebranded AminoSweet)

Best known by the names of **Nutrasweet** and **Equal** is believed to be carcinogenic and accounts for more reports of adverse reactions than all other foods and food additives combined.

This toxin was discovered in 1965 by accident in a science lab. It was approved for dry goods in 1981 and for carbonated beverages in 1983. It was originally set for approval in the 1970's but because of many objections filed by neuroscience researchers and a Consumer Attorney, the approval was **put on hold for over 10 years!**

Aspartame is made of **aspartic acid phenylalanine**, and **methanol**. Aspartame acts as a neurotransmitter in the brain, facilitating the transmission of information from neuron to neuron. It is called an '**excitotoxin**' because it excites or stimulates the neuron cells to "death" as we discussed above with MSG.

Aspartame is 50% phenylalanine. Many people who regularly consume aspartame have been shown to have excessive levels of phenylalanine in their blood. Excessive levels of **phenylalanine** can decrease levels of serotonin in the brain which can lead to depression or other emotional disorders.

The **methanol** content in aspartame is broken down by the body into formaldehyde. Formaldehyde is one of the main substances used to embalm a dead body; in our living bodies it will accumulate near the cell DNA and remain.

*Drinking even **1** diet cola daily can cause formaldehyde build up in cells.

-SUCRALOSE

This artificial sweetener is best known as Splenda. Although Splenda was developed as an alternative to sugar with fewer calories, it has been found to wreak havoc on the healthy bacteria in your gut by causing weight gain and other side effects including headaches, mood swings, and fatigue.

HAZARDOUS CHEMICALS

There are over 3,000 food chemicals purposely added into our food supply. You may be saying to yourself, but the FDA must think they are safe enough, so what is the problem?

The problem is that almost all of these ingredients are not studied under circumstances similar to how humans consume these ingredients. Did you know that almost every single

item I will discuss is banned in one or more other countries because of the danger of human consumption?

There has been much research to confirm that while our food source has radically changed since Paleolithic times, our biology (the needs and function of the human body) has not changed.

* **Sodium Nitrite and Nitrate:** Adds red color to meat products that would otherwise appear to be a putrid gray color. Found in all packaged, processed meats including hot dogs, pepperoni, sausage, etc. When combined with your saliva and digestive enzymes, sodium nitrite creates cancer-causing compounds known as nitrosamines. These nitrosamines are so toxic to biological systems that they are actually used to give lab rats cancer in laboratory tests. In humans, the consumption of sodium nitrite has been strongly correlated with brain tumors, leukemia, and cancers of the digestive tract.

* **BHT, TBHQ:** Keeps fats from going bad and have been linked to hyperactivity, asthma, dermatitis, and estrogen imbalance. Found in most crackers, bakery products, and many frozen entrees.

* **Bromide:** In the 1980s, bromine (a bromide derivative) replaced iodine as a bread dough ingredient and is a common ingredient in most citrus flavored sodas such as Mountain Dew. This singular change by the food industry resulted in an epidemic of bromide toxicity and an increase in thyroid disorders, thyroid cancer and other illnesses resulting from iodine deficiency. Bromine is also used in crop fumigation, pest control, in carbonated drinks and prescription medications.

* **Cellulose or Wood Fiber:** The cellulose used in many foods is processed powder or pulp from virgin wood. The food industry and FDA classify wood cellulose as fiber. The only limit on wood cellulose fillers is 3.5% in meat. All other foods have no limits for adding wood cellulose. The food industry and cellulose manufacturers publicize the health virtues of cellulose fiber. Hundreds of foods contain wood, including General Mills, Kraft and Kellogg's products in foods like ice cream, cereal, shredded cheese, and syrup.

Read your ingredient lists, don't rely on the promise of the food company or the nutrition facts.

FOOD DYES

Food Dyes are derived from both coal tar and petroleum and can be found in many foods. Companies like using them because they are cheaper, more stable and brighter than most natural colorings. However, consumers are moving toward the more natural approaches and companies are beginning to eliminate food colorings or switch to safe natural food colorings such as beta carotene, paprika, beet juice and turmeric.

Many dyes have been banned because of their adverse effects on laboratory animals. **Research on these approved dyes below demonstrated the following effects:**

Blue 1- used in baked goods, beverages, dessert powders, candies, cereals, drugs and other products. This dye caused tumors and hypersensitivity reactions in mice.

Blue 2- used in colored beverages, candies, pet foods and many other foods and drugs. This dye caused brain tumors in male rats.

Citrus Red 2- permitted only for coloring the skin of oranges. This particular dye caused tumors of the urinary bladder and other organs in rodents.

Green 3- used in candies, beverages, dessert powders, ice cream, sorbet and other foods. This dye caused bladder and testes tumors in male rats.

Orange B- used in frankfurter and sausage casings. Testing did not reveal any problems.

Red 3- used in maraschino cherries, sausage casings, oral drugs, baked goods and candies. This dye caused thyroid cancer in animals. This dye is banned in cosmetics and externally applied drugs. However, the FDA still allows Red 3 in **ingested** drugs and food.

Red 40- used in beverages, bakery goods, dessert powders, candies, cereals, food, drugs and cosmetics. This dye caused immune system tumors and hypersensitivity in mice. It may also trigger hyperactivity in children.

Yellow 5- used in bakery goods, beverages, dessert powders, candies, cereals, gelatin desserts, pet foods, and cosmetics. This dye may be contaminated with several cancer causing chemicals. It caused hypersensitivity reactions. It may also trigger hyperactivity and behavioral effects in children.

Yellow 6- Is used in bakery goods, cereals, beverages, dessert powders, candies, gelatin desserts, sausage, cosmetics, drugs and other foods. This dye caused adrenal tumors and occasionally caused severe hypersensitivity reactions.

These food dyes cannot be considered safe. However, the FDA has yet to ban them.

PDF document source on food dyes ---> <http://cspinet.org/new/pdf/food-dyes-rainbow-of-risks.pdf>

Symptoms related to certain food dyes ----> http://www.iatp.org/files/421_2_105204.pdf

EDUCATION ABOUT REAL FOOD

MEAT and DAIRY

First let me begin by talking about the source of most milk: the animal (cow, goat, and sheep) which produces our milk. **A farm animal's natural diet** (the diet which animals were fed before

factory feed mills took over) consists mostly of grass; however, there isn't enough grass to go around on the factory farm. Therefore, today's factory animals are fed a diet of mostly grain, and other fillers they would not normally eat. This causes a form of gut infection in the animal and encourages unhealthy bacteria to grow due to unnatural digestion.

The bulk of the factory feed today consists of corn and soy, **90% of which is genetically modified** and then treated with high amounts of pesticides that our body has to fight. Switching the animal's diet from grass to grain can cause many problems.

According to a recent article in **US NEWS & WORLD REPORT on Sept. 1, 1997**, some 40 billion pounds a year of slaughterhouse wastes like blood and bone, as well as the remains of millions of euthanized cats and dogs passed along by veterinarians and animal shelters make their way into livestock feed and cosmetics. Farmers have recently begun using feed made with dehydrated foods, garbage, and fats emptied from restaurant fryers and grease traps, newspapers and cardboard.

Like humans, animals need **nutrients** to thrive and be healthy. Obviously, the feed given to factory farmed animals is not intended to provide proper nourishment. Instead, farmers, or shall I say food manufacturers, are interested in stuffing whatever they can into the animals to bulk them up as quickly as possible. This can quickly lead to sick animals that then are given heavy doses of drugs.

To locate local grass-fed and free-range animal food in your area---> www.eatwild.com

Like pesticides, these drugs end up in the milk and meat of the dairy animals, as do trans fats from bakery wastes, and undigested proteins from soy and animal foods. This feed has little to no vitamin A and D and produces '**dead**' milk and meat, devoid of nutritional benefits. (Any Vitamin A or D advertised in today's dairy has been added back, usually with synthetic, man-made vitamins not well absorbed by our bodies).

If you drink commercial milk or eat commercially raised meats and poultry, you could be consuming antibiotics on a daily basis without even knowing it!

Ask yourself "How is food raised, how is it processed, packaged and stored for you to purchase?"

Over **50%** of all the antibiotics produced in this country are mixed directly into the animal feed. Due to the sickly nature of factory farmed animals, they are fed a constant supply of antibiotics from birth until the time of slaughter.

Another additive used too frequently and regularly is **Synthetic Growth Hormone, or Bovine Growth Hormone (rBGH)** – used specifically to produce bigger animals with more milk. Back in 1930, the average dairy cow produced **12 pounds** of milk daily. In 1998, the average was **49**

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pounds daily. That number will continue to increase until more people take a stand to make rBGH in foods illegal.

PASTEURIZATION is the process of heating a liquid to a high enough temperature (145 to 163 degrees) to kill certain bacteria and disable certain enzymes, such as **lactase** which is the enzyme needed to digest lactose, the sugar in milk.

Have you or a family member recently or progressively become intolerant to dairy? Have you ever paid attention to the amount of people that say "I am lactose intolerant"?

Pasteurization destroys vitamins and interferes with calcium absorption. When you boil a liquid, you affect the taste and nutritional value of that food. Ultra-Pasteurization is when milk is heated to 285 degrees F; 98% of all dairy on the grocery shelf go through this process. Not only does pasteurization kill the friendly bacteria, it also greatly diminishes the nutrient content of the milk.

Pasteurized milk has up to a **66 % loss of Vitamins A, D and E and Vitamin C loss usually exceeds 50 %**. Heat affects water soluble vitamins and can make them 38 % to 80 % less effective. Vitamins B6 and B12 are completely destroyed during pasteurization. Pasteurization also destroys beneficial enzymes, antibodies and hormones. The process also destroys 20% of the iodine (iodine is vital for a healthy thyroid), causes constipation and generally takes from the milk its most vital qualities. Pasteurization **destroys lipase** (an enzyme that breaks down fat), which impairs fat metabolism and the ability to properly absorb fat soluble vitamins A and D. The dairy industry is aware of the diminished vitamin D content in commercial milk, so they fortify it with a synthetic form of this vitamin.

Kids are drinking more milk and unable to break down the fat and their metabolism is affected from the destruction of lipase.

We have all been led to believe that milk is a wonderful source of calcium, when in fact; pasteurization makes calcium and other minerals almost unavailable.

But waitisn't milk what everyone drinks to get calcium?

HOMOGENIZATION is a process that breaks the fat globules in milk into very tiny particles. Fresh milk can't be homogenized until it's pasteurized because it would go rancid in a matter of minutes when the protective coating on the fat is exposed to enzymes. **Pasteurization destroys all the enzymes so homogenization can take place without immediate rancidity.**

When homogenized, milk becomes very powerful and efficient at bypassing normal digestive processes and delivering steroid and protein hormones to the human body (both the animal's natural hormones and the ones they may have been injected with to produce more milk).

Homogenization makes fat molecules in milk smaller and they become "capsules" for substances that are able to bypass digestion. The homogenization process breaks up an enzyme in milk, which in its smaller state can then enter the bloodstream and react against arterial walls. Your body forms a layer of cholesterol to protect your arterial walls when the enzymes from milk enter through the bloodstream.

If this only happened once in a while it wouldn't be of big concern, but if it happens regularly there are long term risks. Sometimes homogenized milk proteins also resemble a human protein and can become triggers for autoimmune diseases such as diabetes, multiple sclerosis, cancer and heart disease.

Overall, pasteurization and homogenization change the milk sugar, denature the protein, alter the fats, and deplete the milk of nutrient like vitamin C, in addition to killing the enzymes. Instead of allowing natural bacteria and enzymes that would normally counteract the growth of pathogens, we destroy them and any health promoting nutrients to go along with it.

To locate Raw Milk availability in each state ----> <http://www.realmilk.com/real-milk-finder>

INDUSTRIALIZATION EXAMPLES IN OUR FOOD:

Industrialization of food has created an unbalanced ratio of Omega 6 and Omega 3's.

It is said anything greater than **4:1 (Omega 6: Omega 3)** -has been proven to cause problems in our health.

Eggs: Industrial= **20:1** (if fed organic feed or not)
Pastured Hen = **1.5: 1**

Beef: Feed lot cows = **21:1**
Typical grass fed= **3:1**
Grass fed finished cow = **1:1** (only grass never grain fed)

Products that come from grain or grain fed animals all have an imbalance omega **6:3** ratio.
Examples: Corn, soybean, canola oil (we cook with them and put into manufactured foods), butter, milk, cheese from industrialized cows. Industrialized meats: pork, chicken, turkey, farm raised fish (fed grain).

FATS & OILS

TRANS FAT

This type of fat molecule is produced by a process called "partial hydrogenation", which rearranges the hydrogen atoms in liquid unsaturated fat, to mimic saturated fat – a solid at room temperature. This fat does not occur naturally and food manufacturers love it because it has a much longer shelf life and is very cheap to use. It is listed on a nutrition label ingredient list as **hydrogenated or partially hydrogenated oil/oils or shortening.**

The Mayo Clinic cautions us to avoid trans fat because they increase "bad" cholesterol, triglycerides and inflammation in our blood vessels.

Do not trust the label when you read "contains no trans fats" or "is not a significant source of trans fats". The FDA regulations state if the product has **less than .5 grams** of any fat per serving, they are allowed to list it as 0 grams. Does that sound misleading?

FATS AND OILS BEST FOR COOKING		
<u>***Best Option***</u>	<u>*Alright to Choose*</u>	<u>AVOID</u>
<p>Healthy fats and oils, which include Cold-Pressed, Extra Virgin, Organic items stored in dark containers. Organic and grass fed pastured Butter, Ghee, Coconut oil, Palm oil, Olive oil, Flax oil and Cod liver oil.</p> <p>*Coconut Oil has a melting point around 78 degrees and does not hydrogenate at high temperatures.</p> <p>* Cold-Pressed Organic Extra Virgin Olive oil to use at low settings with no sizzle and at or below room temp in salad's, it does hydrogenate at high temperatures.</p>	<p>If in a dark container, Cold-Pressed, High oleic safflower or sunflower oils, sesame or peanut oils in moderation.</p> <p>Also, grocery store butter, vegetable shortening made from palm, coconut or sesame oils, and lard from pasteurized, organic pigs.</p>	<p>Oils exposed to high heat, pressure, oxygen or light and/or contain chemicals.</p> <p>These include oils in clear bottles such as processed canola oil, commercial vegetable oils (soy, corn, cottonseed, safflower, sunflower), margarine, anything partially hydrogenated, shortening, and any spreads containing vegetable oils or trans fats.</p>

It doesn't have to be as complicated as the Industry makes it:

1. Our body requires certain kinds of fats in order to thrive.
2. Fat is **NOT** the enemy.
3. It's all a matter of choosing "real food" fats, and avoiding the modernized, industrial and processed fats.

Want to take a BAD recipe and make it REALLY GOOD? Let's learn below.

How to Adapt Recipes

*Assume 1:1 Ratio unless otherwise noted.

Recipe Calls For...	Healthy Alternatives	Considerations

Flour	Almond (NUT) Flour/Meal Gluten Free Flour Whole Wheat Flour	Nut flours works for both savory and sweet recipes.
Cornstarch	Arrowroot (a root vegetable, dehydrated at low temp, then ground to create a binder to hold items together).	Can be purchased in the Whole Food section at your grocery store.
Crisco	Extra Virgin Unrefined Coconut Oil/Lard	Lard is the ideal healthy substitute for crisco but since it's hard to come by, use coconut oil.
Milk	Coconut Milk (full fat-can); Almond Milk, Raw Cow's Milk * Avoid Carrageenan Ingredient *	Other nut-milks work well, too! Try hazelnut milk or cashew milk for a different flavor taste.
Yogurt	Coconut Milk/Almond Milk Yogurt, Organic Whole Cow's Milk and Goat's Milk	There are many options to choose from.
Heavy Cream	Coconut Milk	Must be full-fat, canned coconut milk.
Sugar	Unfiltered Honey, Maple Syrup Grade B, Coconut Palm Sugar (granulated)	Experiment by reducing the amount of sugar by 50%. For example, if a recipe calls for 1 cup of sugar, try using 1/2 cup honey/maple syrup/ coconut sugar instead. You can always add more.
Breadcrumbs	Ground almonds mixed with some Himalayan sea salt and dried herbs (if desired)	Works with other nuts as well. Try pecans for a different flavor!
Recipe Calls For...	Healthy Alternatives	Considerations
Vegetable Oil/Canola Oil	Extra Virgin Unrefined Organic Coconut Oil, Organic Extra Virgin Cold Pressed Olive Oil, Pasture Raised Butter, and Ghee.	Coconut Oil or Butter for temp above 250 degrees (sizzle)

Soy Sauce	Tamari, Coconut Aminos	Tamari is still a soy product but is gluten-free. Coconut Aminos is a soy and gluten-free product which can be found in the Whole Food section near the traditional soy sauce.
Pasta	Steamed or sautéed vegetables Gluten Free (brown rice) pasta	Try zucchini, yellow squash, carrots or sweet potato. Often what people crave about a pasta dish is the SAUCE, not the pasta noodle itself. So try making your favorite sauce and serve it on seamed or sautéed veggies instead!
Rice	Cauliflower Rice, Wild Rice, Grains and Seeds.	See Healthy Recipe Section attached.
Mashed Potatoes	Mashed Cauliflower	See Healthy Recipe Section attached.
Wine	Stock	Use homemade vegetable, free range chicken, beef, or fish stock.
Cheese Sauce	Nut based cream sauce Nutritional Yeast (b12)	See Healthy Recipe Section attached.
Grated Cheese	Omit or Nutritional Yeast	Grated cheese can very often just be eliminated from the recipe altogether.
Peanut Butter	Almond Butter, Cashew Butter Organic if need Peanut Butter	Prefer Soaked nuts in sea salt overnight to make these nut butters.

Healthy Recipes:

Cauliflower Rice

Ingredients:

1 head cauliflower

1 tablespoons coconut oil or olive oil or butter

Sea salt and pepper

Preparation

1. Place the cauliflower into a food processor and pulse until it has a grainy rice-like consistency. Season with sea salt and freshly ground black pepper.
2. Sauté the cauliflower in a pan with oil and add any additional seasonings desired (garlic, ginger, curry, etc) until warm and soft. Serve. *If using olive oil, do not bring to a sizzle.

Mashed Cauliflower

Ingredients:

- 1 head cauliflower
- 2 cloves garlic
- 2 tablespoons pastured butter
- Sea salt and pepper

Preparation

1. Chop up the head of cauliflower (florets and stem) and slice the garlic. Steam the cauliflower and garlic for about 10 minutes, or until the cauliflower is very tender.
2. Transfer the cauliflower and garlic to a food processor and add the butter. Process until smooth and creamy. May add some coconut milk and/or water.
3. Season to taste with salt and pepper and serve.

Nut-Based Cream Sauce (similar to Alfredo base)

Ingredients:

- 1 cup nuts (any kind, soaked in water overnight)
- 1/4 cup fresh lemon juice
- 2 tablespoons nutritional yeast
- 2 tablespoons sesame seeds
- 1 tablespoon onion powder
- 1 1/2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1 1/2 cups water
- 1/4 cup olive oil

Preparation

1. Add all of the ingredients, except for the oil, to a blender and puree until smooth.
2. With the motor still on, drizzle in the oil.
3. Transfer to a saucepan and simmer over low heat until thickened and warmed through.
4. Season to taste and serve.

REVIEW RECIPES AND OVERVIEW

" HOW TO EXCHANGE GOOD FOR BAD INGREDIENTS"

LET'S PUT TO PRACTICE WHAT YOU LEARNED IN THE EXAMPLES BELOW:

Potato Gratin

(* Fill In Alternate)

3 pounds russet potatoes* _____
 2 tablespoons margarine* _____
 1 garlic clove, minced _____
 2 cups milk* _____
 salt and pepper, to taste _____
 freshly grated nutmeg, to taste _____
 4 tablespoons crème fraiche, optional* _____
 1/3 cup heavy cream* _____
 1/4 cup parmesan cheese* _____

Chicken Marsala

1 3/4 cups reduced-sodium chicken broth (14 fl oz)* _____
 2 tablespoons finely chopped shallot _____
 5 tablespoons unsalted pastured butter _____
 10 oz mushrooms, trimmed and thinly sliced _____
 1 1/2 teaspoons finely chopped fresh sage _____
 1/4 teaspoon sea salt _____
 1/8 teaspoon black pepper _____
 1 cup all-purpose flour * _____
 4 skinless boneless chicken breast halves (2 lb total) _____
 2 tablespoons canola oil* _____
 1/2 cup plus 2 tablespoons dry Marsala wine* _____
 2/3 cup heavy cream* _____
 1 teaspoon lemon juice concentrate* _____

Chocolate Chip Cookies

3 cups all-purpose flour* _____
 1 1/2 teaspoons baking soda* _____
 1 1/2 teaspoons sea salt _____
 2 sticks (1 cup) unsalted butter, melted and cooled slightly _____
 1 1/2 cups packed light brown sugar* _____
 1 cup granulated sugar* _____
 3 large eggs* _____
 1 1/2 teaspoons organic vanilla extract _____
 2 1/2 cups semisweet chocolate chips (16 ounces)* _____

REAL FOOD SHOPPING LIST

Condiments & Oils:

- Honey (Raw Unfiltered)
- Maple Syrup (Dark Grade B)
- Dijon Mustard

- Organic Ketchup
- Organic BBQ Sauce
- Organic Tomato Sauce
- Organic Salsa
- Almond Butter
- Pasture Raised Butter
- Organic Peanut Butter (use sparingly)
- Apple Cider Vinegar
- Balsamic Vinegar
- Red Wine Vinegar
- Coconut Liquid Aminos
- Coconut Oil (Unrefined Extra Virgin)
- Olive Oil (Cold-Pressed Organic Extra Virgin)

Nuts, Seeds & Dried Fruit:

- Almonds
- Brazil Nuts
- Cashews
- Walnuts
- Flaxseed
- Pumpkin seed
- Sunflower seeds
- Cranberries
- Raisins
- Dates

I rate **almonds** as the healthiest of the nuts listed because they are a great source of vitamin E.

I rate **pumpkin seeds** as the healthiest of all listed seeds. They're rich in protein and carbohydrates and lower in fat compared to the others. They also contain several essential nutrients including vitamin K and zinc. Zinc is an important nutrient and is only present in some healthy whole foods.

FRUITS:

(D) Dirty Dozen

- Apples-Granny Smith (D)
- Apricots (occasional)
- Bananas (occasional) High Glycemic Index
- Blueberries (D)

- Cranberries
- Grapes (D)
- Lemon and limes for cooking
- Plums
- Peaches (D)
- Pineapple
- Raspberries
- Strawberries (D)
- Watermelon

I rate **strawberries** as the healthiest of all listed fruits in terms of nutrient content. They contain vitamin C, manganese, fiber, iodine, potassium, folate, vitamins B2, B5 and B6, omega 3 fatty acids, vitamin K, magnesium and copper.

They also contain phenolic compounds, which are powerful antioxidants. They are heart-healthy, anti-cancer and anti-inflammatory fruits. Be careful to buy organic fruits to avoid residual pesticides.

Remember the glyemic index when it comes to fruit. Low GI foods cause a slow and gradual rise in blood glucose; high GI foods break down quickly, causing a sudden spike in blood glucose. A diet based on low GI foods can be beneficial to health, particularly for those struggling with weight control or diabetes management.

Read more: <http://www.livestrong.com/article/278384-the-glycemic-index-for-fruits/#ixzz2BqrJc5ur>

VEGETABLES:

(D) Dirty Dozen

- Asparagus
- Avocado
- Beets
- Broccoli
- Cabbage (purple or green)
- Carrots
- Cauliflower
- Celery (D)
- Collard greens (D)
- Green beans/peas
- Garlic
- Kale (D)
- Onions
- Red, yellow and orange peppers (D)
- Spinach (D)
- Salad mix of baby spinach and spring salad mix/field greens (D)
- Squash yellow
- Sweet potatoes
- Tomatoes

- Zucchini

I rate **green leafy vegetables** (including leafy herbs) as the healthiest of all listed vegetables. The nutritional value of vegetables include high levels of fiber and high levels of a range of nutrients including beta carotene (precursor to Vitamin A), folic acid, iron and Vitamin K.

I try to buy most of my fruits and vegetables organic or locally grown. The closer they are grown to your home, the less anti-fungal agents used on the product resulting in less toxins consumed.

You can read more here on Nutrition Content of food
http://www.nal.usda.gov/fnic/foodcomp/Data/HG72/hg72_2002.pdf

MEATS/PROTEIN:

- Chicken (organic free range)
- Eggs (organic free range)
- Halibut
- Red meat- occasionally lean organic grass fed (Venison)
- Salmon (wild caught not farm raised)
- Sardine
- Scallops
- Tilapia (organic)
- Turkey

I rate **sardines** as the best listed seafood. They are a small fish species occurring lower in the food chain so are likely to contain less bio-accumulated mercury. They are also rich in important nutrients like vitamin B12, selenium, vitamin D, phosphorous and calcium. Generally, seafood is rich in concentrated omega 3 fatty acids and minerals such as iodine, zinc, magnesium and selenium.

Today's seafood presents a risk of mercury contamination and pathogenic bacteria. Smaller species of fish that are lower on the food chain (e.g. their food source is mainly plant-based) may contain lower levels of mercury, and are therefore considered to be safer choices.

LEGUMES:

- Black beans
- Chickpeas
- Dried peas
- Kidney beans
- Lentils
- Lima beans

- Miso (organic)
- Pinto beans
- Soy beans (organic)
- Tempeh (organic)

I rate the healthiest legumes on this list as **kidney beans**, because they contain the most vitamins and minerals; notably folate, iron, fiber, phosphorous, copper and magnesium. Miso must rate a mention for its zinc content, because zinc is typically low in many Western diets.

WHOLE GRAINS:

***(GF) Gluten Free Grains**

- Ezekial whole grain bread
- Brown Rice Bread (GF)
- Barley
- Millet (GF)
- Oats (GF available)
- Quinoa (GF)
- Wild rice (GF)
- Rye
- Spelt
- Spinach pasta (whole wheat or GF Brown Rice)
- Whole Wheat pasta

I rate **oats** as the healthiest grain because they are rich in minerals, fiber and protein. Since oats contain gluten, many people that can't have gluten foods are choosing Quinoa (pronounced keen-wah). Whole grains are healthy whole foods. Their outer husks contain healthy fats, and the minerals we need (like chromium and selenium) to help digest the carbohydrate in the grain.

DAIRY/NON DAIRY:

- Almond Milk-Unsweetened without Carrageenan (Make your own with Raw soaked Almonds)
- Coconut milk (full fat can or unsweetened)
- Goats milk
- Raw cow milk

BEVERAGES:

- Organic Vegetable Juice
- Organic fruit juice specifically blueberry, cranberry and pomegranate juices. Buy in glass bottles and water it down.
- Coconut Water
- Apple Cider Vinegar diluted in Water
- Water

SPICES & HERBS:

(Have fun with spices and herbs and research the ones that are not filled in to learn more).

- Basil
- **Cayenne pepper**-red hot chili peppers, high vitamin A, helps fight and sooth inflammation, offers natural pain relief, heart health.
- Chili powder
- Cilantro
- **Cinnamon**- helps to support sugar and fat metabolism. Regulates blood sugar and insulin in the body. It has an impact on foods that impact blood sugar and keeps your system steady.
- **Cumin**- a very good source of iron and manganese, benefit digestive system.
- **Garlic**- helps cleanse harmful bacteria, intestinal parasites, and viruses from the body, especially from the blood and intestines. It helps cleanse buildup from the arteries and lowers blood pressure in addition to having anti-cancer and antioxidant properties that help detoxify the body of harmful substances.
- **Ginger**- healing spice, high in antioxidants, soothing to stomach.
- Himalayan Sea Salt
- **Mustard seeds**- very rich in phyto-nutrients, minerals, vitamins and anti-oxidants.
- Oregano
- **Parsley**- excellent source of Vitamin c, iodine, iron and other minerals.
- Pepper
- Peppermint
- Rosemary
- Thyme
- **Turmeric**-yellow powder used in Chinese medicine. Anti-inflammatory, improves liver function, lowers cholesterol.
- Vanilla

Some of the healthiest whole foods available. I rate the healthiest herbs on this list as **basil** and **mustard seeds**, both of which contain the greatest variety of vitamins and minerals. Adding fresh herbs to a meal is an easy way to boost the nutrient content.

******Vitacost.com******An online store that offers discounted prices up to 50% off the health food store. Get **\$10 off** your first order by visiting <http://www.vitacostrewards.com> and entering my email address when it asks did someone refer you! **ShepherdFit@gmail.com**
You can also use this link as well **\$10 coupon** ----> <https://www.vitacostrewards.com/HmSXNTi>

GROCERY LIST

Shopping with Shepherd Fit Wholesome Wellness

Week of: _____

Vegetables

Fruit

Whole Foods

Frozen Foods

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Jarred/Canned Foods	Herbs/Condiments	Beans/Nuts/Seeds	Bakery/Grains
Bulk Foods	Snacks	Beverages	Dairy/Non-Dairy
Meats/Seafood	Other	Personal Care	Household Items

AVAILABLE OPTIONS TO OFFER GUIDANCE ON YOUR JOURNEY

*** Advanced Nutrition Course with Shepherd Fit Wholesome Wellness**

The 12 Week tele-class is meant to "unwrap the box" the industry has put us in. I will help you better understand how to reach and maintain optimal health. Each week you will receive an interactive

worksheet with notes to guide you through the week's discussion through a tele-class/ webinar format and expand upon what you've learned to keep and create a reference notebook for your future Journey.

***Clean Eating Monthly Support Group**

Offered on the 2nd Wednesday of every Month at 6:30pm at the Whole Food's Co-Op Community Center. This event is open to everyone from the interested to the experienced and aims to provide insight into meal preparation, recipe sharing and association with other Clean Eaters learning and growing together.

***REAL FOOD Prep and Demo Cooking Classes & Individual Sessions**

Participate in a prep and demo cooking class that aims to help you learn about real food and how to prepare and enjoy. I will help you take a favorite meal and make into a REAL FOOD recipe to nourish your body. I hold these classes monthly and can offer private in-home demonstrations and group gatherings.

***Pantry Cleanse and Guidance Session**

Are you ready to take the plunge to Real Food or just want some welcomed guidance on transitioning to a better option and why? Enjoy an interactive in-home session that brings REAL to your kitchen with information for you to understand why and move forward with a sense of direction.

***Local Farm Tours**

Get an inside "look" at the local farms available in Erie and spend time talking to the local farmers about why they are proud to serve you. You will learn things and ways you can transition some spending locally to save money.

***Grocery Store and Whole Food Co-Op Tours**

Feel confused and overwhelmed or just want to know a bit more to feel comfortable in the store? Join in on an interactive one hour tour in the Store and have all of your questions answered. You will receive a reference guide for each specific tour that is yours to keep.

***Speaking Engagements**

Select Topics you would like me to cover and I can prepare an interactive and informative presentation to help you on your Journey.

***Individual & Group Coaching Sessions**

Do you have a specific goal in mind for yourself or would you like to gather a group of friends to reach it together while learning and growing with support. I can create unique sessions to fill your needs and travel a journey towards Mindful Wellness.

*** Personal Health Consultation**

During the session, we will discuss your health and lifestyle to determine how I can best support you in achieving the goals you would like to set forth for yourself for your Mindful Wellness Journey.

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