

BASIC NUTRITION TENETS

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This is a foundational reference- it is not exhaustive or bio-individual.

PRODUCE

Look for:

- organic or biodynamic
- non-GMO
- local
- clean15 guide by the EWG: ewg.org/foodnews/clean-fifteen

Avoid:

- Apeel™ and Organipeel™
- Non-organic foods on the [EWG dirty dozen list](#) (strawberries, spinach, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes, bell & hot peppers, kale, collard, mustard greens, blueberries, green beans. *Subject to change.*)

- GMO foods: apples, canola, corn, eggplant, soy, squash, papaya, pineapple, sugar beets, potatoes, (alfalfa and cotton in animal feed)*Subject to change.*

ANIMAL PROTEIN

Look for:

- local, pasture-raised (beef, pork, poultry, eggs)
- grass-fed (beef)
- wild-caught (fish)

Avoid:

- conventionally raised meat
- farmed fish (GMO salmon)
- conventional, cage-free, "outdoor access" (eggs)

OILS

Look for:

- Grassfed butter or ghee
- Pastured Tallow
- Extra Virgin Olive oil (*look for PGO certification*)
- Coconut oil
- Avocado oil

Recommended brand: Chosen Foods

Avoid:

- hydrogenated oils
- Canola oil (Rapeseed)
- Grapeseed oil
- Soybean oil
- Vegetable oil
- Peanut oil
- Corn oil

LEGUMES, NUTS, SEEDS, GRAINS

Look for:

- organic, sprouted nuts, legumes, and seeds

Look for:

- organic, non-GMO, sprouted grains

Avoid:

- non-organic nuts,
- non-organic, GMO grains

DAIRY AND NON-DAIRY PRODUCTS

Look for:

-organic, grass-fed dairy

- coconut milk
- nut milk

Recommended brands: MALK, Three Trees

- local raw milk and cheese
- goat or sheep milk
- kefir

Avoid:

- conventional dairy
- non-organic nut milks
- Carrageenan, gellan, guar gum

WATER

Look for:

- distilled
- filtered
- reverse osmosis
- spring water

Avoid:

- tap water
- bottled water (in plastic)

SUGAR

Look for:

-organic

- raw honey
- coconut sugar
- maple syrup
- dates

Avoid:

- High fructose corn syrup
- Saccharin (Sweet 'N Low)
- Sucralose (Splenda)
- Aspartame (Equal or NutraSweet)
- Agave