

10 Tips for Choosing Nutritious Foods

FIVE FOODS TO AVOID:

- 1.) **Refined Sugar.** This not only includes refined sugar but there are hidden forms of sugar such as high fructose corn syrup, maltose, dextrose as well as others which are often found in processed food products.
- 2.) **Wheat products,** Wheat, wheat products, and especially products made with refined white wheat flour. This includes breads, crackers, pastas, and packaged snacks. Wheat has been widely over-consumed in our country and many people have sensitivity to wheat and wheat products. Often this sensitivity goes undetected. Try eliminating wheat from your diet for a couple of weeks and see if you notice a difference.
- 3.) **Processed Foods.** Packaged and processed foods, even some so called “Healthy Foods” that come in packages are typically high in sugar, fat, artificial sweeteners, high fructose corn syrup, processed soy products, sodium, harmful chemicals and additives that and are difficult for the body to process and do not support health.
- 4.) **Substitute Foods** Examples would be sugar substitutes, margarine, butter substitutes, diet colas. When you remove something from a natural food it must be replaced by something else. Many times the “replacement” comes in the form of chemicals and additives that are harmful to our bodies.
- 5.) **Hydrogenated Oils and nut butters.** Hydrogenated oils and nut butters have undergone a process of being heated, and other elements have been injected into them during the process. The chemistry of the oil or butter has changed, which prevents them from spoiling, but they are no longer healthy. The molecules in this new product are now

closer to cellulose or plastic than to oil. In fact hydrogenated oil is only one molecule away from being plastic.

FIVE TIPS FOR CHOOSING HEALTHY FOODS

- 1.) **Does it come in a package?** Processed foods come in packages; even some so called “Healthy Foods”. Packaged and processed foods typically have many added ingredients, preservatives, other additives, hidden sugars and are typically high in sodium content. Be sure you read all the ingredients and labels on packaged foods before you decide to purchase and consume them.
- 2.) **Does the food have a barcode?** Whole natural foods, fruits and vegetables come in their own packaging and have only one ingredient and do not have a barcode on them.
- 3.) **How many ingredients does it have?** A good rule of thumb is ‘if it has more than 5 ingredients on the label, beware!’
- 4.) **What is the food’s ‘Shelf Life’?** In fact the faster a food goes bad, the healthier it usually is. That's because the enzymatic activity which causes the foods to rot at room temperature also means that the enzymatic activity within your own body will be greater as well. Most of the processes used to refine foods or chemicals added to them in order to increase shelf life to not promote health and often reduce the quality and nutritional value of the food.
- 5.) **Is it organic or locally grown?** Some of our produce is shipped from as far away as other continents. These fruits and vegetables were often picked before they were ripe, shipped for thousands of miles, and finally ‘gassed’ to ripen them upon arrival. Choosing organic & locally grown foods is not only a good way to support your health, but also to support your community and our planet.

Remember: “Real food is always better than fake food”. This might be the ‘top tip’. Often times a substitute for the ‘real thing’ is just as

unhealthy, and sometimes even more so than what you are trying avoid by using a substitute.

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