

The Smart Way to Shop For Food

- Frequent Farmer's Markets for fruits and Vegetables. Discover Local Sources of Meat, Dairy and Eggs. Grow Some of Your Own Fruits and Vegetables.
- Shop the Outside Aisles of the Grocery Store.

Most of the packaged and canned foods are in the center aisles, along with the frozen section. Canned fruits and vegetables are much less nutritious than fresh or frozen. Many packaged 'convenience foods' are made of GMO corn or soybeans and unpronounceable chemicals. They are not nutritious food choices.

- If You are Reading Lots of Labels, You are Eating the Wrong Foods.

Remember, you are what you eat. As a living being, consuming live, fresh food is the best choice to build a healthy body and supply energy needs. When you buy packaged foods, consider the following recommendations:

- Ignore the Front of The Box

Read the ingredients list and "Nutrition Facts" box printed on the label. Ingredients are listed in descending order of weight.

- Watch for Ingredient 'Aliases'.

Fat, Salt and Sugar have many different names. Fat can be listed as lard, shortening, hydrogenated vegetable oil, coconut oil, tropical oil, tallow, monoglycerides or diglycerides.

Salt can be listed as monosodium glutamate (MSG), baking soda, baking powder, brine, kelp, soy sauce, or a variety of names containing the word sodium.

Sugar can be listed as honey, molasses, dextrose, sucrose, fructose, maltose, lactose, dextrin, maltodextrin, maple syrup, malt syrup, corn syrup, and worst of all...high-fructose corn syrup.

- Avoid All Trans Fats

Hydrogenation chemically alters fats, to render them more solid. Hydrogenated and Partially Hydrogenated oils are commonly used to make french fries, donuts, margarine, commercially baked goods, including cookies and crackers. These fats interfere with normal cell metabolism, and pose a serious threat to your health. I suggest using extra virgin olive oil for salads and cooking, organic coconut oil for occasional high-heat cooking, and small amounts of real butter for flavor. All vegetable oils and canola oils are chemically treated and unhealthy.

➤ Pay Attention to Serving Size

Serving size is the quantity upon which all the other nutrition information is based. Serving sizes are often confusing. Sometimes, the confusion is intentional, in order to qualify as low-fat or 'heart-healthy'.

➤ Pay Attention to Product Placement

Product manufacturers pay a premium to have their products at eye level. These are often heavily promoted products, and not the most healthful. Look at the lower shelves for healthier options, or better yet, note the 'silence of the yams', and head for the produce section.

➤ Scrutinize Impulse Items.

Items at the end of the aisles and at the checkout counter are placed there because these positions are conspicuous. The idea is for you to buy something you hadn't planned on buying.

➤ Avoid the Snack food Aisle.

Don't be tempted by baked chips and low fat packaged snacks. They are not real food or good choices. Fruit, raw veggies, unsweetened yogurt,, whole wheat toast with almond butter, or a handful of raw nuts are healthy snacks.