



## The 'What to Eat' Cheat Sheet

### Slow / Complex Carbohydrate Sources

**Grains/Rice:** Brown rice, quinoa, buckwheat, wholegrain / wholemeal bread, oats, wild rice

**Beans/Legumes:** Chickpeas, lentils, kidney beans, black beans, 4 bean mix

**Vegetables:** Asparagus, artichokes, beans, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, lettuce, onions, peas, sweet potato, soy beans, spinach, sprouts, tomatoes, zucchini

**Low sugar fruits:** Apples, apricots (dried), banana, pears, strawberries, blueberries, mandarins, raspberries, kiwi fruit

### Protein Sources

**Beef:** Grass-fed; Free-range or Free-roaming; "Raised without antibiotics" / "No antibiotics administered"; Natural; "No Hormones administered"

**Poultry:** Natural; Free-range; Free roaming; Fresh; Certified Organic; Cage free; "Certified Humane Raised and Handled;" "Federal regulations prohibit the use of hormones;" "No antibiotics added"

**Eggs:** Cage-free; Free-range; Hormone-free; Antibiotic-free; Organic; Vegetarian-fed; Omega-3 enriched; No added antibiotics; Pasture raised;

**Dairy:** Organic; No hormones (rBGH); Antibiotic-free

**Fish:** Salmon: Wild caught, Alaskan / Halibut: Pacific, California / Sardines: Wild caught, Pacific / Herring:



Atlantic, Pacific / Anchovies / Haddock: Atlantic

**Fish to avoid due to high mercury content and/or PCB's:**

Bluefin tuna / Canned Albacore tuna / Yellowfin tuna / Atlantic Halibut / Chilean Sea Bass (from Crozet, Prince Edward, Marion Islands and Chile) / Grouper / Monkfish / Orange roughy / Farm-raised Salmon / Swordfish / Shark / Tilefish / King Mackerel / Marlin

<http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/meat-and-poultry-labeling-terms/meat-and-poultry-labeling-terms>

[http://www.huffingtonpost.com/eatingwell/buying-chicken\\_b\\_1375953.html](http://www.huffingtonpost.com/eatingwell/buying-chicken_b_1375953.html)

<https://www.nrdc.org/stories/mercury-guide>

<https://www.nrdc.org/stories/smart-seafood-buying-guide>

<http://www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-northeast-guide.pdf>

## High Quality Fats

**High Quality Fats:**

Grass-fed beef / Organic poultry / Wild game / Eggs / Olives / Avocados / Seaweed / Halibut / Shrimp / Snapper / Almonds / Cashews / Macadamia nuts / Pine nuts / Brazil nuts / Pecans / Hazelnuts / Sunflower seeds / Pumpkin seeds / Chia seeds / Grass-fed butter

**Foods high in MUFA's:**

Olive oil / Hazelnut oil (refined and unrefined) / Safflower oil / Macadamia oil / Almond oil / Tea seed oil / Pecan oil / Hazelnut oil (refined) / Avocado oil (unrefined/raw)

**Healthiest Fats:**

Olive oil (extra virgin) / Hemp oil (unrefined) / Coconut oil (unrefined) / Almond oil / Macadamia oil / Tea seed oil / Pecan oil / Hazelnut oil (unrefined) / Avocado oil (unrefined) / Flax oil (unrefined/ cold pressed) / Olives (green/black) / Avocados

**Fats best for cooking:**

Coconut / Grass-fed butter / Macadamia oil / Almond oil / Pecan oil / Hazelnut oil / Avocado oil (unrefined/raw) / Tea seed oil / Rice oil / Rice bran oil

**Foods high in Omega-3's:**

Hemp oil / Flax oil/ Flax seeds/ Flax meal / Walnuts / Walnut oil / Seaweed / Chia seeds / Salmon / Scallops / Soybeans / Halibut (baked/broiled) / Shrimp (steamed/broiled) / Snapper (baked) / Tofu (raw) / Winter Squash / Cod (baked) / Kidney beans

**Fats best for dressings / sensitive to high temperatures:**

Safflower (unrefined) / Flax (unrefined) / Hazelnut (unrefined) / Olive oil (extra virgin) / Hemp (unrefined)



### **Other fats:**

Butter (grain-fed) / Sesame / Grapeseed / Safflower (refined) / Ghee

### **Genetically Modified (GMO) Fats to Avoid**

Corn oil / Cottonseed oil / Palm and Palm kernel oil / Soybean oil

### **High Quality Produce**

For high quality produce, it is always best to buy locally and seasonally when possible. One of the best ways to find local produce, that is also in season, is to get to know the farmers in your area. This will not only help educate you as to what foods grow seasonally in your area, but also connect you to where your food comes from.

To find your local farmer, see if your area has a weekly or seasonal farmers market or try using Facebook or Google and search "Farmers markets near me". You can also talk to your local mom-and-pop grocery stores and see what farmers they purchase from or check [localharvest.org](http://localharvest.org) for certified organic farms.

### **High Quality Chocolate**

Dark chocolate wins over milk chocolate due to the higher proportion of flavanols that provide a host of health benefits.

The higher the cacao percentage listed in the chocolate, the more flavanols it contains. So be sure to read the percentage listed on the label. So, check your label! The amount of flavanols can also be impacted by the way the chocolate is processed from the raw cacao bean. If the label reads "processed with alkali" there will be less flavanols.

<https://healthyeater.com/dark-chocolate-best-and-worst>

<http://www.livestrong.com/slideshow/1011272-12-clean-dark-chocolate-bars/>

### **High Quality Nuts**

Organic and raw is the way to go when choosing nuts. No roasted, no salt, no flavoring. This ensures the highest density of nutritional value.

Go nuts for these nuts:

Macadamia (high in MUFAs) / Pecans (rich in vitamin E) / Walnuts (anti-inflammatory, rich in Omega-3s) / Almonds (rich in vitamin E and fiber) / Brazil nuts (rich in selenium, which can be harmful at high levels so stick to 5 nuts per serving) / Pistachios (high in vitamin E, B6, potassium) / Cashews (rich in iron and zinc) / Hazelnuts (rich in vitamin E and MUFAs)



<http://articles.mercola.com/sites/articles/archive/2015/10/19/best-nuts-seeds.aspx>

<http://www.everydayhealth.com/diet-and-nutrition/0406/why-you-should-go-nuts-for-nuts.aspx>