

Healthier Choices Shopping Guide

Remember to look past the packaging and read the ingredient list.

AVOID	BETTER	BEST
<p>REFINED FLOUR, including: All-Purpose Flour, Enriched Wheat Flour, Wheat Flour, Enriched White Flour, Unbleached Wheat Flour (all are refined wheat flour)</p> <p>As well as, MINIMIZE REFINED GLUTEN-FREE FLOURS like white rice, potato, soy, non-organic corn</p>	<p>(ORGANIC to avoid GMOs) 100% WHOLE GRAIN FLOURS from wheat, spelt, einkorn, kamut, and rye</p> <p>As well as, GLUTEN-FREE FLOURS like amaranth, brown rice, buckwheat, coconut, garbanzo, millet, oat, quinoa, sorghum, teff, corn, tiger nut, cassava, and tree nut flours</p>	<p>(ORGANIC to avoid GMOs) 100% SPROUTED WHOLE GRAIN FLOURS from wheat, spelt, einkorn, kamut, and rye</p> <p>As well as, GLUTEN-FREE FLOURS like amaranth, brown rice, buckwheat, coconut, garbanzo, millet, oat, quinoa, sorghum, teff, corn, tiger nut, cassava, and tree nut flours</p>
<p>HIGHLY REFINED OILs and HYDROGENATED FATs, including: shortening, margarine, cottonseed, canola, soy, corn, sunflower, safflower, sesame, and other common highly refined vegetable & nut oils</p>	<p>EXPELLER PRESSED OILs like extra-virgin olive, coconut, avocado, sunflower, sesame, flaxseed, and nut oils</p> <p>ORGANIC, UNREFINED FATs like butter, ghee, duck fat, goose fat, beef tallow, lard</p>	<p>ORGANIC, FIRST-COLD-PRESSED OILs like extra-virgin olive, coconut, avocado, sunflower, sesame, flaxseed, and nut oils</p> <p>GRASS-FED FATs like butter, ghee, duck, goose, beef tallow, lard</p>
<p>FAT-FREE, LOW-FAT, or SKIM DAIRY, including: milk, buttermilk, cream, sour cream, yogurt, cheese</p>	<p>ORGANIC, FULL-FAT, WHOLE milk, buttermilk, cream, sour cream, yogurt, cheese Check labels for gums and fillers.</p>	<p>GRASS-FED, FULL-FAT, WHOLE milk, buttermilk, cream, sour cream, yogurt, cheese</p>
<p>CONVENTIONAL EGGS</p>	<p>ORGANIC, CAGE-FREE, OR FREE-RANGE EGGS</p>	<p>PASTURE-RAISED EGGS</p>
<p>REFINED SUGAR and ARTIFICIAL SWEETENERS, including: high fructose corn syrup, cane sugar (including turbinado, raw, brown), cane juice, date sugar, beet sugar, agave nectar, fruit juice, dextrose, dextran, dextrin, sucrose, glucose, and maltose aspartame, saccharin, acesulfame potassium, and sucralose</p>	<p>WHOLE, MINIMALLY PROCESSED raw honey, coconut palm sugar, sucanat, maple syrup, molasses, whole dates, whole fruits, monk fruit—check labels for other sweeteners</p> <p>ALTERNATIVE SWEETENERS: xylitol (birch tree), erythritol (non-GMO), stevia</p>	<p>ALL SWEETENERS, even natural, whole, unrefined sugars and alternative sweeteners SHOULD BE LIMITED.</p>