



CHAPTER FOURTEEN

Shopping Guide And Everyday Superfoods

I look at food differently, now. I have gratitude for the farmers and stores that take a risk to produce organic, whole foods. I cook differently now with new spices, and lots of them, and better-for-me oils. Bread is NOT a staple anymore. Oatmeal as granola was phenomenal as were the smoothies—what a surprise! Lastly, I look at NDs differently—with greater love and reverence because of your compassion, knowledge, and creativity.

—Susan, FAME series, Charlee’s Kitchen

IT IS TIME TO CONVERT WHAT WE HAVE LEARNED INTO ACTION. LET’S HEAD TO THE GROCERY STORE! THIS CHAPTER FOCUSES ON how to navigate a conventional grocery store. Conventional grocery stores remind us just how highly processed our food supply can be. This chapter will highlight strategies to use at the grocery store to make the healthiest and most economical purchases. As you move toward a whole foods lifestyle, you may need to begin with small steps.

General Grocery Shopping Tips

Read these tips before you head out to shop:

- Do not go shopping while hungry; buying on impulse and purchasing unhealthy foods or larger portions is more likely.
- Always make a list before going to the grocery store. List the meals to be made and the staple foods needed. You will be less likely to overspend and make impulse purchases. Making a list will help prevent returning to the grocery store for a forgotten item.
- Allow for flexibility when buying produce, taking into account what is in season or on sale.
- At the store, start by purchasing food at the periphery—that is often where the most nutritious foods are, such as fruits and vegetables, fresh meat, poultry and fish. Then go to the aisles or bulk section where you can locate whole grains, legumes, and nuts. Limit shopping in the aisles where there are pre-packaged or pre-prepared foods.
- When products that the family uses often are on sale, buy extra. Bulk grains and beans last for many months in your pantry and refrigerator, as long as they are stored properly. Do not buy extra sale items if you are not likely to use them often.
- Be aware of the placement of less healthy food products that promote impulse buying for you or your children.
- When comparing the ingredient list between different brands, also include a price comparison by checking the price per unit, often shown as the price per ounce.

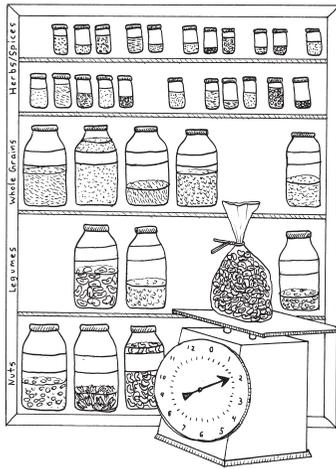
How to shop the bulk section

One of the benefits of shopping in bulk is that it allows experimentation of new foods and spices at minimal risk to the pocket book. Shopping in bulk can help you stick to a budget. Buy exactly the amount you need for a specific recipe instead of buying double that amount in pre-packaged items. Proper containers to store your bulk foods will

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The FAME series helped me shop better—I'm not afraid of the bulk section anymore. And who knew I could make my own almond butter, all natural, no added ingredients, to use instead of peanut butter?

—Shannon, FAME series,
Mt. Olivet



be needed. Clean and reuse bottles or containers (preferably glass ones). Rinse them out, take off the label, and fill them with bulk items. This will prevent food from spilling out of the bags and will keep them free of pests. Designate an area in your pantry and fridge for specific bulk food items.

Common bulk items to purchase

- **Dry beans** can be up to three times cheaper than canned beans. In addition, preparing beans at home eliminates added salt, sugar, or preservatives found in canned beans.
- **Whole grain** prices can vary. It's usually beneficial to compare the packaged prices to the bulk prices. Keep in mind that bulk grains allow you to purchase specific amounts. Whole grains can be stored in a cool dark place, like a fridge or freezer.
- **Flour** is also available in the bulk section and is often less expensive than packaged flour. Always look for whole grain flour. Be sure to have a storage plan for the flour at home; the thin bulk bags at most stores will not allow for proper storage of bulk flour. In particular, store all flour in air tight containers in a cool, dark place; either the fridge or freezer. Since flour is ground whole grains, there is more potential for spoilage when exposed to light and heat.
- **Herbs and spices** can be purchased in small amounts. This is much cheaper than paying for the entire jar of spices, and bulk purchasing makes trying lots of different flavors easier. If you buy a spice in the jar the first time, save the jar and refill it from the bulk section. Store spices for up to six months, at most, and then refresh.
- **Dried fruits** are often less expensive in the bulk section. Avoid any dried fruits that have added sugar or *sulfites*. Sulfites are a preservative that can have negative side effects ranging from hives to aggravation of asthma in some individuals.^{1,2,3,4,5}
- **Raw nuts** may also be less expensive when purchased from the bulk section. It is a convenient way to purchase as much

or as little as needed. You can also soak and roast nuts at home. Make your own trail mix by purchasing nuts, seeds, and dried fruit and mixing them at home.

Top Five Everyday Super Food Groups For Your Cart

Most people hear the word *superfood* and think of exotic tropical berries like gogi, acai, or noni berries. While these berries do pack a punch in terms of antioxidants and can be a great addition to the diet, locally grown whole foods from your region are truly daily superfoods. Daily superfoods to keep you healthy:

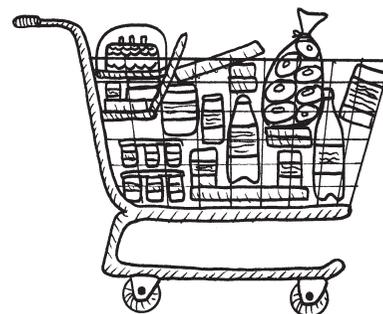
1. *Vegetables of all types. Top choices for your basket.*

- **Dark green leafy vegetables (DGL):** Include DGLs as part of your daily diet. They provide minerals, vitamins, antioxidants, and fiber. Dark green veggies are one of the most nutrient-dense foods. Eat both raw and lightly steamed or sautéed greens. Top greens choices include spinach, collards, chard, kale, mustard, and dandelion leaves.
- **Squash:** Look for the orange-fleshed varieties, which pack more beta-carotene, a vitamin A precursor, than almost any other vegetable or fruit. Gain all the nutritional benefits by adding some healthy fat to the squash. Try mashed squash with butter or coconut oil, cinnamon, and nutmeg.
- **Cruciferous vegetables:** Cabbage, Brussels sprouts, broccoli, Bok choy, turnips, cauliflower, kale, and collard greens are all members of this family of vegetables. They all contain a healthy dose of phytonutrients, vitamins, minerals, and fiber. They contain sulfur compounds that can help prevent cancer, decrease inflammation in the body, and reduce oxidative stress.⁶ The best cooking method for these veggies is steaming or sautéing. Enjoy one to two cups prepared at least three times weekly.

Cruciferous vegetables have been well-studied for their role in cancer prevention. Female breast cancer survivors who had the highest intake of cruciferous vegetables within

“We are making better choices when purchasing items at the store. Planning for meals is becoming easier with knowing the correct balance of fats, carbs, and protein.

—Anne, FAME Series,
Charlee's Kitchen



unhealthy cart



healthy cart

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- **Beets:** With their rich, deep color, this root vegetable provides valuable antioxidants and is traditionally known for supporting liver health. Beets are also packed with minerals. As an added bonus, buy beets with the greens attached. Beet greens are edible and are good steamed by themselves or substituted for other dark green leafy veggies in a recipe.
- **Garlic and onions:** These members of the allium family aid in balancing blood sugar, keeping a strong immune system, supporting healthy blood pressure, and supporting detoxification pathways in the body.^{9,10} They also make your food taste great.

2. Fruits

Fruits are packed with vitamins, fiber, and antioxidants that aren't found anywhere else in our diet. Remember, fruit juice does not count as a substitute for a whole fruit. Top fruits for the basket:

- **Berries:** Try frozen, fresh, or dried (with no sugar added); any type is great. Berries are thought to provide some of our most potent antioxidants.
- **Citrus fruits:** Lemons, oranges, and grapefruit are high in immune-stimulating vitamin C, as well as antioxidants that are good for vision and liver health. If you are taking prescription medications, ask your doctor if grapefruit consumption is okay for you; grapefruit juice can affect the metabolism of some medications.
- **Melons:** Each variety of melon has a different balance of vitamins and minerals, as well as antioxidants. Cantaloupes, in particular, provide a great amount of vitamin C and beta-carotene.

- **Apples or pears:** Take advantage of the many varieties of apples and pears. Each variety has a different flavor and a different complement of health-boosting antioxidants. Apples have been found to aid in blood sugar balance and cholesterol balance due to their soluble fiber content.¹¹

3. *Healthy Fats*

- **Avocados** contain a rich source of monounsaturated fat, potassium, and fiber.
- **Butter from pasture-raised cows** will be richer in omega-3 fatty acids, vitamin E, and beta-carotene than its conventionally made counterpart.^{12,13} Butter can be used to stir-fry and sauté at higher heats and is great for baking.
- **Coconut oil** provides a stable fat to cook with at high heat **and** it contains medium-chain fatty acids, which support a healthy digestive tract and increase metabolism.¹⁴ Coconut oil can easily be substituted for butter.
- **Nuts and seeds:** Choose pecans, almonds, walnuts, and macadamia. Nuts and seeds provide a nutrient-dense package of protein, fat, and fiber.
- **Wild Alaskan salmon:** Salmon provides health-promoting essential omega-3 fatty acids that help to reduce inflammation and promote a healthy brain. It is also a great source of complete protein.

4. *Beans and Legumes*

Beans are packed with heart-healthy fiber, protein, and vitamins. The more colorful the bean, the higher the antioxidant value.

- Top beans for the basket: black beans, kidney beans, black-eyed peas, and lentils.

5. *Fermented Foods*

These foods provide the body with healthy bacteria (probiotics) to

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- Top fermented foods for the basket: unsweetened yogurt, kefir (a cultured milk beverage), miso, kimchi, kombucha, tempeh, and properly prepared pickles and sauerkraut (not all store-bought sauerkraut is lacto-fermented; most are just in vinegar).

A Final Review Of Foods To Limit Or Avoid

1. *Limit excess added and artificial sweeteners*

- High-fructose corn syrup (HFCS) is difficult for the liver to process and causes a large spike in blood sugar. Common sources are soda, juices, baked goods, candy, ketchup, and other condiments.
- Aim to avoid all soda and juices, even if they are *natural*, because they provide little nutritional value to the body, only sugar and calories.
- Artificial sweeteners are chemicals created in a lab and are not part of a whole foods diet.

2. *Limit refined carbohydrates*

This ingredient sneaks up in most packaged foods.

- Refined carbohydrates include sugar and whole grains processed to remove the bran and germ—the most nutritious parts.
- If a package says *enriched* wheat flour or white flour, white rice, sugar, fruit juice, or corn syrup, then the product contains refined carbohydrates.
- These simple sugars provide quick and large spikes in blood sugar. Eating these foods frequently can contribute to the development of obesity and diabetes.

Refined carbohydrates are often grains processed to remove the bran and germ—the most nutritious parts.

- Common sources are *white* foods: store bought bread or buns (unless packaging states 100% whole grain), pre-made baked goods, pasta, white rice, frozen meals, potato chips, and white flour.
3. ***Avoid trans fats and partially hydrogenated fats***
Read all labels for this ingredient.
- These are oils that have been chemically changed to keep them from becoming rancid.
 - There is no safe amount of trans fat intake.
 - Remember that trans fats do not have to be added to the Nutrition Facts label if there is less than .5 grams per serving. Be sure to read the Ingredient list. If the label shows *partially hydrogenated oils*, then the food contains some level of trans fats.
 - Common sources: packaged snacks (cookies, crackers, and chips), frozen French fries, frozen entrees, margarine and shortening, fast foods, and fried foods.
4. ***Limit omega-6 fatty acids***
- Americans tend to over-consume omega-6 fats from corn, soybean, safflower, and sunflower oils, which are found in packaged and fast foods. These omega-6 fats, while essential to the diet, need to stay in a healthy balance with omega-3 fatty acids, which most people are under consuming.
 - Remember that our sources for omega-3 fatty acids are fish, flaxseed, chia seed, walnuts, and pasture-raised meat and eggs.
5. ***Limit highly processed foods***
- This includes packaged foods such as canned soups, frozen dinners, boxed foods, chips, candy, and pre-made sauces, gravies, and salad dressing.

Remember that trans fats do not have to be added to the Nutrition Facts label if there is less than .5 grams per serving. Be sure to read the Ingredients list. If the label shows partially hydrogenated oils in the list, then the food contains some level of trans fat.

- Highly processed foods may contain high amounts of sodium, sugars, trans fats, preservatives, and artificial colors, flavors and sweeteners, which are hard for the body to process and eliminate.

Stocking The Pantry

The following list can help you build your pantry and fridge with foods that are commonly used at home and in the majority of our recipes. Always be conscious of what produce is in season. Our recipes are generally very adaptable to substitutions.

Please see each individual recipe for a complete list of ingredients.

Top Five Medicinal Spices

Turmeric

Traditionally used in Ayurvedic cooking in combination with black pepper for better absorption; high in curcumin (natural anti-inflammatory), powerful antioxidant, immune stimulant

Cinnamon

High in minerals (iron, calcium, manganese), balances blood sugar, anti-inflammatory, natural sweetener

Ginger

Relieves digestive complaints (nausea, motion sickness, vomiting), immune stimulant, natural anti-inflammatory, pain relief

Cayenne

High in capsaicin, topical and internal anti-inflammatory, blood mover, reduces platelet aggregation, clears congestion

Thyme

High in volatile oils, immune stimulant, anti-microbial, cough suppressant, expectorant, anti-spasmodic

Herbs and Spices

Black pepper
 Cayenne pepper
 Chili powder
 Cinnamon
 Cumin
 Garlic powder
 Ginger (fresh and/or dried)
 Oregano
 Rosemary
 Sea salt
 Turmeric
 Thyme

Oils and Fats

Avocado and avocado oil
 Butter
 Coconut oil
 Extra virgin olive oil
 Sesame oil

Whole Grains

Amaranth
 Brown rice
 Brown rice flour
 Cornmeal
 Millet
 Oats
 Quinoa

Legumes and Peas

Black beans
 Black-eyed peas
 Garbanzo beans
 Kidney beans
 Green peas
 Lentils
 Pinto beans

Vegetables

Asparagus
 Bell peppers
 Bok choy
 Broccoli
 Brussels sprouts
 Carrots
 Cauliflower
 Cucumber
 Dark Greens:
 Chard
 Collards
 Dandelion greens
 Kale
 Mustard greens
 Spinach
 Garlic
 Mushrooms (fungus)
 Onions
 Romaine lettuce
 Squash
 Sweet potato
 Tomato (fruit)

Fruits

Apples
 Bananas
 Berries
 Citrus:
 lemon
 lime
 grapefruit
 Melons
 Pears

Nuts and Seeds

Almonds and almond butter
 Cashews
 Chia seeds

Nuts and Seeds (cont'd)

Flaxseed
 Hazelnuts (filberts)
 Peanuts and peanut butter
 Pecans
 Sesame seeds
 Sunflower seeds
 Walnuts

Dairy and Dairy Alternatives

Almond milk
 Cheese
 Coconut milk
 Unsweetened yogurt

Meat/Fish/Poultry

Chicken
 Beef
 Fish:
 salmon
 cod
 halibut
 Pork
 Turkey
 Eggs

Other

Honey
 Maple syrup
 Molasses
 Mustard
 Shredded coconut
 Raisins
 Tamari
 Vinegar:
 apple cider
 balsamic
 rice