

How Do I Know It's a Processed Food – What Should I Eat Instead

Processed Foods/Beverages Are Anything:

- with ingredients that are difficult to pronounce
- that did not exist in your great-grandmother's day
- containing vegetable oil (soybean, rapeseed/canola, sunflower, corn, safflower, peanut, palm)
- containing high-fructose corn syrup, white 'cane' sugar, brown sugar, agave, brown rice syrup
- with the word 'hydrogenated' in its name
- advertised on TV; the worst foods get the most air time on tv
- with a cute name: fruit loops anyone?
- you can buy at a drive-thru window
- with monosodium glutamate (msg), maltodextrin, carrageenan, xanthan/guar gum
- that comes in an aerosol can
- that come in a bottle or can (sports drinks, energy drinks, fruit juice)
- called 'cheese food' (which is neither cheese nor food)
- with artificial sweetener (nutrasweet, equal, Splenda, sweet'n low, sugar alcohols)
- with any type of additives, preservatives, or dyes
- that has more than 5 ingredients on the label (unless they are all things you recognize as food)

*Adapted from Dr. Mark Hyman's book *Food: What The Heck Should I Eat*

Instead of processed food, try these:

- All fruits, vegetables, and seeds/nuts
- Any organic, pasture-raised, grass-fed source of animal protein
- Wild-caught seafood
- Beans/legumes, lentils
- Good oils to cook with: avocado, coconut, grass-fed butter/ghee
- Good oils to have raw: olive, walnut, almond, macadamia, sesame seed, flax, hemp
- Whole Non-gluten Grains: basmati/red/black/brown rice, quinoa, buckwheat, millet
- Tea, especially green/matcha
- Coffee without processed sugar or creamer
- Green juice (made with veggies, not fruit)