

Grocery Guide

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BY FUNCTIONAL
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Shopping Tips

- Make a grocery list. This will keep you on track in the store and prevent you from forgetting any important items.
- Shop the perimeter of the grocery store. This is where most of your food should be purchased. This will be fresh fruits and vegetables from the produce section, meats from the meat counter or cooler section, and dairy/non-dairy products.
- On a budget? Can't buy everything organic? That's okay! We always preference organic over conventional, but we know it can cost a little more. Check out our guide on page 6 to helping you decide what the most important foods are to purchase organic.
- The freezer section is another place to shop. Many frozen fruits and vegetables are cheaper frozen when they are out of season. Frozen foods last longer than fresh. If you are only cooking for one person, this will keep you from wasting food that goes bad before it is consumed.
- Reduce your use of processed and packaged foods. There are some packaged and minimally processed foods we suggest during the tour. This is where it becomes very important to read food labels properly. Healthier products usually contain whole food ingredients and a small number of ingredients. Check out the "Reading a Food Label" guide on page 3 to learn what to look for.
- Not sure if a food is healthy even after trying to decipher a food label? Scan the bar code on the **EWG or Think Dirty smart phone applications**. These applications are constantly adding to their databases.
- Don't become **OVERWHELMED**. Instead of focusing on finding the perfect product, find one that is better than the one you have in your hand or the one you chose last time. You can also look for some of the healthiest products on the EWG app before you go shopping. Ordering some of these products on the Internet might be easier than finding them in the store.

Healthy Eating Tips

- Keep your **pantry stocked** and your freezer full of veggies and frozen homemade meals.
- **Cook one time** and **eat multiple times**. Cooking in big batches cuts down on time you have to spend preparing food in the kitchen. Make a big batch for a few days of eating.
- Have **healthy snacks ready to pick up and go**. This will keep you from reaching for those unhealthy, easy to access foods. These healthy snacks might include pre-cut veggies and a small dipping container of hummus, a homemade trail mix with raisins, almonds, walnuts, pistachios, and pecans, apples, bananas, and grapes. My favorite sweet snack is frozen blueberries. These keep in the freezer for a long time and are always easily accessible.
- Schedule a time during the week to sit down to **plan meals** and make a grocery list. This keeps you on track during your week and prevents you from coming home late at night with nothing to eat...a dangerous scenario for ordering something unhealthy or running by a fast food establishment.

Reading a Nutrition Label

The front labeling of packages can be very misleading. Never trust the label's health claims such as, "organic" "natural" or "sugar free" etc. These products are usually filled with chemical sweeteners, unhealthy fats, or other chemicals that are detrimental to our health. Always check the food label and ingredient list to verify the health claims.



Nutritional Facts



Serving size 1 cup (53g)
 Servings per container about 6
 Calories 220
 Calories from fat 30
 % Daily Values**
 Total Fat 3.5* 5%
 Saturated fat 0.5g 3%
 Trans fat 0g
 Polyunsaturated fat 1g
 Monounsaturated fat 1 g
 Cholesterol 0mg 0%
 Sodium 100mg 4%
 Potassium 115mg 3%
 Total carbohydrate 42g 14%
 Dietary fiber 4g 15%
 Sugars 8g
 Protein 5g
 Vitamin A 0%
 Vitamin C 0%
 Calcium 2%
 Iron 6%

*Amount in cereal. A serving of cereal plus skim milk provides 3.5g total fat, less than 5mg cholesterol, 160mg sodium, 320mg potassium, 48g total carbohydrate (14g sugars) and 9g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



INGREDIENTS



Whole Grain Oats*, Rice*, Cane Sugar*, Black Chia Seeds*, Malted Barley Extract*, Sunflower Oil*, Salt Honey*, Molasses*, Natural Flavor*, Vitamin E (mixed tocopherols).
 Added to preserve freshness.
 *Organic

MAY CONTAIN SESAME AND WHEAT INGREDIENTS

1st Read the Nutrition Label

1. Look at the **serving size** on the nutrition label. Many times serving sizes are smaller than we expect. For example, a bottle of juice usually contains 2 servings. This means you need to double everything on the nutrition label, because the nutrition label is only giving you values for half of the bottle.
2. Check out the **grams of sugar** in the product. Sugar is hidden in so many foods we consume today. Look at the grams of sugar on the “nutrition label”. I suggest keeping your sugar consumption **under 20 grams/day**. The source of sugar matters. It is better to receive your sugar for the day from fresh fruits vs. added sugars like cane syrup, organic cane sugar, sugar, glucose, honey, maple syrup, agave, or brown rice syrup. When reading the food label, after looking at the amount of sugar, determine where the sugar is coming from on the ingredient list. Is it a source from whole foods or is it added from cane sugar?
3. We should consume about 30 grams of **fiber** a day. Many Americans only consume half of this, about 15 grams. Keep this in mind when you are looking at packaged foods, and remember fruits, vegetables, and whole grains are great sources of fiber!
4. The Dietary Guidelines for Americans recommend **sodium** consumption be under 2,300 mg/day. That is equal to around 1 teaspoon of salt!

2nd Read the Ingredient List

1. Read the **Ingredient List**. This is where you will truly find what is in that specific food. Usually the fewer the ingredients, the better.
 - a. The ingredients are **listed in order of amount** in the food. For example, if tomatoes are the first ingredient listed and mushrooms are the second ingredient, there are more tomatoes in the product than mushrooms. If a source of sugar is one of the first 5 ingredients, it is generally not a good choice.
 - b. The ingredient list should be composed of **whole food ingredients**
 - c. Look for ingredients that sound like chemicals. Always look these up. More than likely they will be a food additive that you want to stay away from. Check out our list of top 12 food additives to avoid on page 7.

What to Look for in Each Food Group

Produce

- Fruit: fruit is full of vitamins, minerals, and antioxidants. However, fruits also contain naturally occurring sugars. It is important not to eat too much fruit and choose a mixture of low sugar (berries) and high sugar fruits (bananas, mango, etc.). For example if you had a banana for breakfast, have berries later in the day instead of another high sugar fruit.
- Vegetables: vegetables are also a great source of nutrients. It is important to include a variety of vegetables from different vegetable categories. Cruciferous vegetables are broccoli, cauliflower, Brussels sprouts and cabbage. These are great for detox and cancer fighting. Leafy green vegetables include foods like spinach, kale, watercress and arugula. Starchy vegetables include sweet potatoes, eggplant, acorn squash, butternut squash, and pumpkin. It is important to get a large amount of non-starchy vegetables in your diet. This includes foods like leafy greens, peppers, onions, celery, carrots, and tomatoes.

Animal Protein

- It is very important to purchase animal protein as organic or natural. This is because many animals are given hormones and antibiotics that we do not want to eat. Free-range animals usually contain more nutrients in their products.
- The best way to purchase animal protein is from a local farmer where you can ask questions about how the animals are treated, what they do when the animals get sick, and how long they are able to range free.

Dairy

- Dairy products are difficult for some individuals to digest and present with a number of underlying symptoms. There are healthy dairy alternatives. These include nut milks like coconut milk or almond milk. These milks can also be made into kefir or yogurt.
- If you are not sensitive to dairy, it is important to purchase products that are organic or free range and given no hormones or antibiotics.
- Ghee is a form of clarified butter. This means the milk solids have been separated from the butterfat and discarded. This is handled better than butter for individuals with dairy sensitivities
- Store bought yogurt, kefir, and nut milks usually have sugar added to them. There are options of plain and unsweetened versions.

Nuts & Seeds

- These powerhouses are filled with a diverse array of nutrients. Nuts have a great source of protein and specific seeds like chia and flax are filled with healthy fats.
- These are easy to throw in a trail mix with organic raisins, or make into a homemade granola bar. You can top your salad with hemp seeds, chia seeds, flaxseed, or a mixture of nuts like walnuts and almonds.
- These are great to keep in the car and have on hand for when you are on the go and don't have any healthy eating options.

Grains

- It is important to be aware of both gluten containing and gluten free grains and products. Gluten can be a very large problem for many individuals and when they eliminate it from their diet, they see an improvement in symptoms. Whether you avoid gluten or not, continue reading to learn how to choose the best products.
- Gluten free- many gluten free products are filled with additives and sugars. It is important to read the food label to make sure the gluten free products are being made with healthy gluten free foods such as gluten free oats, almond flour, coconut flour, buckwheat, chia seeds, quinoa, brown rice, lentils, etc.
- Gluten – gluten is found in wheat, barley, rye, and some oats are contaminated. Conventionally produced gluten grains are usually killed early with an herbicide and left in a more allergenic state. This is done so that they can be harvested earlier. Because of this, we recommend purchasing any wheat containing products organic.

Legumes

- The legume food group includes beans and lentils. Did you know peanuts are actually in this group? Many people mistake peanuts for being in the nut group.
- Legumes can cause problems for some individuals and lead to intestinal discomfort. They have also been shown to contain elements that can affect the integrity of our intestinal lining. To reduce this property of the food group, you can soak the beans or lentils over night in lemon water or apple cider vinegar. After soaking, discard the water and cook in fresh water.
- Beans and lentils are a great source of plant-based protein!

Organic vs. Conventional

- ALWAYS purchase **animal products** ORGANIC, if possible.
 - The nutrition content is usually higher
 - Many conventionally raised animals are fed unhealthy food, which leads to decreased nutrient content of the product when we consume it.
 - A study showed free range eggs contain higher levels of nutrients
 - Conventionally raised animals
 - These animals are usually given hormones and antibiotics. These are two things we do not want to consume and pollute our bodies with.
 - If you can't purchase organic animal products, focus on grass fed, free range, no hormones or antibiotics, and no nitrates or nitrites added.
- **Produce** that has a **thick peel or rind can be purchased conventional**, if the outer peel or rind will not be used. This way you are throwing away the part of the food that has been most exposed to chemical pesticides and herbicides.
- Follow the **Clean 15 and Dirty Dozen** for other fruits and vegetables. Updated versions can be found on the Environmental Working Groups website: www.ewg.org. Check out the most recent list on page 7 of this guide.

EWG's Dirty Dozen & Clean Fifteen

Dirty Dozen

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Peaches
6. Pears
7. Cherries
8. Grapes
9. Celery
10. Tomatoes
11. Sweet bell peppers
12. Potatoes

Clean Fifteen

1. Sweet Corn (highly genetically modified)
2. Avocados
3. Pineapples
4. Cabbage
5. Onions
6. Sweet peas frozen
7. Papayas (highly genetically modified)
8. Asparagus
9. Mangos
10. Eggplant
11. Honeydew melon
12. Kiwi
13. Cantaloupe
14. Cauliflower
15. Grapefruit

EWG's Dirty Dozen Food Additives to Avoid.

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|-----------------------------------|------------------------------|
| 1. Nitrites & Nitrates | 6. Propyl Gallate |
| 2. Potassium Bromate | 7. Theobromine |
| 3. Propyl Paraben | 8. Secret Flavor Ingredients |
| 4. Butylated Hydroxyanisole (BHA) | 9. Artificial Colors |
| 5. Butylated Hydroxytoluene (BHT) | 10. Diacetyl |
| | 11. Phosphate Food |
| | 12. Aluminum Additive |



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