

FOOD BASICS

Whole foods provide not only certain amounts of basic nutrients in the natural proportion to each other; the nutrients in them are also bound together by that subtle energy that animates all living systems.

~Annemarie Colbin

USDA organic certificate:

- No irradiation, sewage sludge, synthetic fertilizers, prohibited pesticides, and genetically modified organisms were used.
- Animal health and welfare standards were met – no antibiotics or growth hormones, 100% organic feed, and animals had access to the outdoors.
- Dairy sourced from pastured cows for the full-length of the growing season.
- Products containing multi-ingredients are 95% or more certified organic. If a specific ingredient is labeled organic, that single ingredient is 100% organic.

<https://www.usda.gov/about-usda/news/blog/organic-101-what-usda-organic-label-means>

What does grassfed mean?

- Majority of nourishment is from feeding on grass.
- Does not restrict the use of pesticides, antibiotics, or hormones.
- Organic, grassfed meat is best
- Grassfed beef, bison, lamb, and goats have less total fat, saturated fat, cholesterol, and calories than factory-farmed meat.
- Grassfed meat also contains more vitamin E, β -carotene, vitamin C, and healthy fats, such as omega-3 fatty acids and conjugated linoleic acid (CLA).

Organic farms and processors:

- Safeguard natural resources and preserve biodiversity
- Protect animal health and welfare
- Provide outdoor access so maintain natural animal behaviors
- Use approved materials
- Eliminate GMO materials
- Are inspected annually
- Keep organic food separate from non-organic

Is organic better?

- Grassfed meat has higher levels of healthy omega-3 and CLA fatty acids,
- Conventionally farmed and processed meat contains harmful fats.
- Organically grown plant foods have less pesticide residue.
- There are nutrient differences between organic and non-organic, however, these are not very significant, according to research.

Genetically Modified (GMO):

- DNA has been modified.
- A gene from another organism may have been introduced.
- Originally, GMO foods were exclusively plant foods. Now they include microorganisms or GMO animal products grown from harvested cells.
- It has become important to understand where these foods come from and how they are produced.

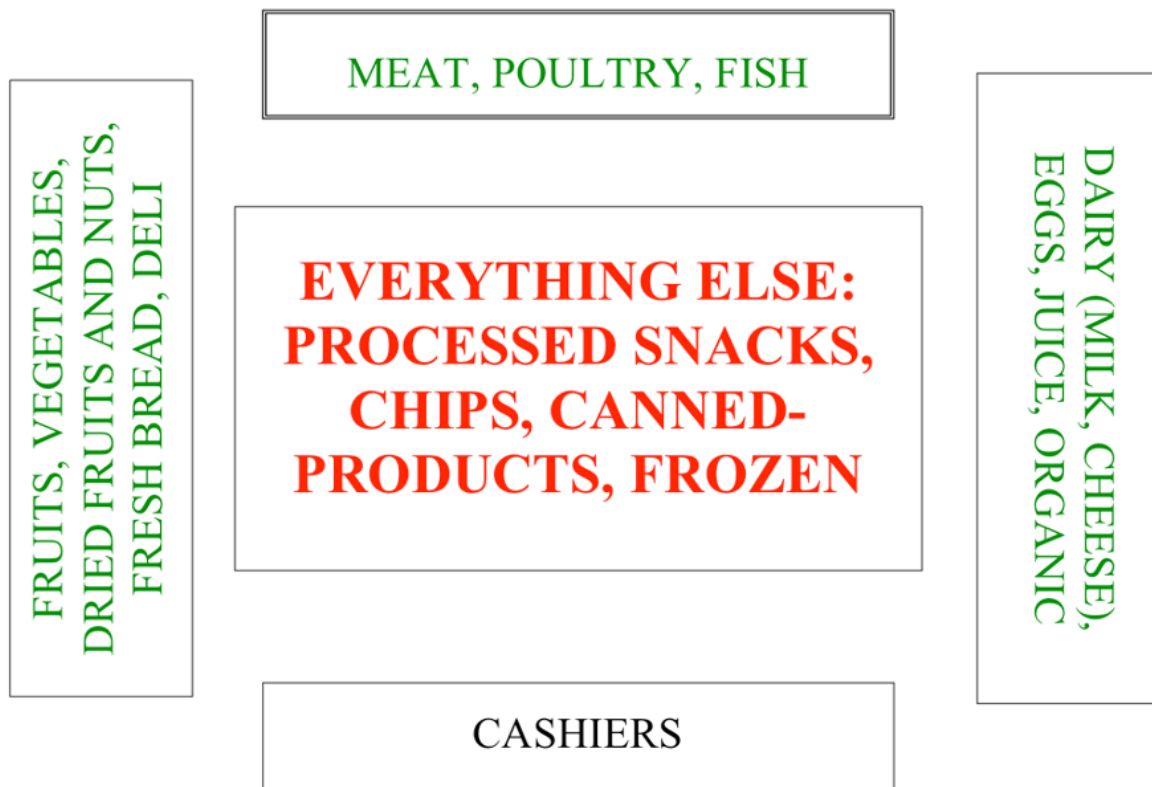
[Say No to GMOs website](#)

Rules for What to Eat:

1. Avoid foods with more than 5 ingredients.
2. Any ingredient you can't pronounce.
3. Anything artificial.
4. Health claims on the front of the package are just marketing. Avoid foods that make claims like "all natural."
5. Foods with cartoons on the package are being marketed to kids

How to shop in a grocery store.

<https://www.foodpolitics.com/2011/01/darya-pinos-guide-to-supermarket-navigation/>



How to read a label:

| Nutrition Facts | |
|---------------------------------|-------------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per 2/3 cup | |
| Calories | 230 |
| % DV* | |
| 12% | Total Fat 8g |
| 5% | Saturated Fat 1g |
| | <i>Trans Fat</i> 0g |
| 0% | Cholesterol 0mg |
| 7% | Sodium 160mg |
| 12% | Total Carbs 37g |
| 14% | Dietary Fiber 4g |
| | Sugars 1g |
| | Added Sugars 0g |
| | Protein 3g |
| 10% | Vitamin D 2mcg |
| 20% | Calcium 260mg |
| 45% | Iron 8mg |
| 5% | Potassium 235mg |

* Footnote on Daily Values (DV) and calories reference to be inserted here.

- **Sugar:** No more than 10g/day.
- **Carbohydrates:** Keep total carbs 100g or less per day to avoid blood sugar spikes. Some people may need to stay between 25g – 50g (Keto)
- **Protein:** Each meal should contain around 30g of protein in order to meet daily requirement of around 100g. Protein is figured by ideal body weight, but the minimum is about 100g/day for a small adult.
- **Trans fats** should be zero.
- **Ingredients:** Avoid seed oils, such as canola oil, sunflower oil (unless you know the source), safflower oil, rapeseed oil, etc. (Eat only olive oil, tallow, lard, butter, ghee, avocado oil, coconut oil)
- <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Food portions:

Perfectly balanced meal -- most of the time:



Don't be tricked by these labels! It's crucial to understand the difference if you want to buy the healthiest and safest food for yourself and your family.

| NON GMO Project VERIFIED | Vs | USDA ORGANIC |
|------------------------------|----|------------------------------|
| No GMO's Allowed | | No GMO's Allowed |
| Synthetic Pesticides Allowed | | No Synthetic Pesticides Used |
| Roundup Herbicides Allowed | | No Roundup Herbicides Used |
| Hexane Allowed | | No Hexane Used |
| Sewage Sludge Allowed | | No Sewage Sludge |
| Antibiotics Allowed | | No Antibiotics |
| Ractopamine Allowed | | No Ractopamine |

FOOD BABE