



## GROCERY GUIDELINES

The Standard North American Diet is broken beyond repair. Not to worry, though, as this detailed guide will show you how to navigate the grocery store and come out with a basket full of fresh foods that contain no hidden sugars, damaged fats or nasty toxins. Take this with you the next time you need to fill your fridge with filling, nutritious foods. Many of the recommended products can be ordered through Amazon.com. Enjoy!

### GENERAL SHOPPING TIPS

1. Stock up on basics; buy in bulk when you can.
2. Schedule a specific day/time for grocery shopping every week. Emergency shopping encourages bad decisions.
3. Shop around the perimeter of the store. That's where the most natural, less altered foods are.
4. Buy more foods without labels (i.e. vegetables). What you see is what you get.
5. Read labels. Don't look at calories, fat percent, carbs, etc. You want to check the ingredients!
6. The fewer ingredients listed, the better.
7. Look for natural ingredients, not chemicals. If you can't read it, don't eat it.
8. Beware of marketing! Being low in fat, low in carbs, gluten-free or sugar-free does not mean it's healthy.
9. Watch out for anything labeled "trans fat-free".
10. Being labeled "organic" does not make it healthy.
11. Watch out for sugars (ending in "ose"), stimulators (MSG, hydrolyzed or autolyzed ingredients), artificial sweeteners, hydrogenated or partially hydrogenated oils.



## ADDITIVES TO AVOID

**Artificial Food Coloring** – Found in processed foods, cereals, fruit snacks, drinks, etc. May contribute to nerve damage, hyperactivity, learning disabilities and even carcinogenic effects.

**Artificial Flavors** – “Catch All” phrase that does not include all ingredients. Often contain MSG (see free glutamates below) or other additives.

**Artificial Sweeteners** – Aspartame (NutraSweet, Equal), Sucralose (Splenda), Acesulfame Potassium (Ace K) —Found frequently in drinks, puddings, yogurt, ice cream/popsicles, etc. Studies show links to impaired brain development and damage, nervous system disruption, MS-type symptoms, tremors, seizures, weight gain, etc.

**BHA/BHT** – Found in many processed foods containing fats. Generally used to keep fats from becoming rancid. Shown to cause liver and kidney damage, infertility, suppressed immune system, cancer, etc.

**Canola Oil** – Often found in processed foods (including “health foods”). Man-made, genetically modified oil made from rapeseed oil. Processed at very high temperatures and contains trans fats. Inhibits enzymes, suppresses immune system, linked to kidney, heart, thyroid, and adrenal problems.

**Carrageenan** – Often found in soy milk and dairy products. Generally safe but can cause intestinal discomfort and some studies show it to destroy human cells, especially mammary, intestinal, and prostate cells.

**Caramel Coloring** – Commonly found in colas, meats, and sauces. Often produced with ammonia. Shown to cause cancer in the laboratory.

**Corn Syrup and High Fructose Corn Syrup** – Found frequently in drinks, condiments, tomato products, breads, cookies, crackers, syrups, etc. Highly associated with blood sugar issues, depression, fatigue, hyperactivity, tooth decay, weight gain, etc.

**Free Glutamates / MSG** – Known brain toxin! Commonly found in baby formula, low-fat milk, candy, gum, drinks, protein bars, soups, and processed foods. Always found in: autolyzed yeast, calcium caseinate, gelatin, glutamate, glutamic acid, hydrolyzed corn gluten, hydrolyzed protein, hydrolyzed soy protein, monopotassium glutamate, monosodium glutamate, pea protein, plant protein extract, sodium caseinate, textured protein, yeast extract, yeast food and yeast nutrient. May be found in barley malt, bouillon, broth, carrageenan, citric acid, flavors & flavorings, malt extract, malt flavoring, maltodextrin, natural flavors, natural chicken flavoring, natural beef flavoring, pectin, protease, protease enzymes, soy protein, soy protein concentrate, soy protein isolate, soy sauce, whey protein, whey protein concentrate, whey protein isolate.



## ADDITIVES TO AVOID CONT...

Fructose/Dextrose/Sucrose (Sugar) - May be corn based, can cause gastrointestinal issues, elevated triglycerides, and shown to be tumor-inducing.

GMO Foods – A category of foods that have been altered through genetic engineering. Contained in many packaged foods and in the produce section. Long-term effects are not known.

Hydrogenated Vegetable Oils – This includes soy, safflower, corn, vegetable and canola. Associated with heart disease, cancer, elevated cholesterol, etc.

Maltodextrin – Sugar, usually corn-based and may contain free glutamates.

Modified Food Starch – Found in many packaged foods. Chemically processed and not adequately tested.

Nitrites – Found in many processed meats and used to prevent botulism. Powerful cancer-causing agents (especially pancreatic).

Propylene glycol – Also known as “antifreeze” – Found in many drinks, popsicles, etc. Skin and eye irritant, nervous system disorders, and kidney failure.

Sorbitol – often corn-based. Can cause gastrointestinal distress, bloating, diarrhea, pain. **DO NOT GIVE TO CHILDREN.**

Soy and Soy Ingredients – Typically genetically modified. Contains enzyme inhibitors, contains toxins, and mimics estrogen. Depresses thyroid function and immune system, inhibits mineral absorption. NOTE: Fermented soy products are OK and much healthier.

TBHQ – Also known as “butane”. Found in many fast foods, especially chicken nuggets, etc. Highly toxic to the human body.

## Sources:

- Food Additives A Shopper’s Guide to What’s Safe and What’s Not, Christine Hoza Farlow, D.C.
- <http://www.cspinet.org/reports/chemcuisine.htm>

Enter U2PYEUNUQUUZ at checkout for 30% off



## FAT

Food Type	Notes	T28 Recommended
Raw Nuts and Seeds	Look for raw and consider sprouted and organic.	<i>Brothersnuts.com</i>
Olive Oil	Choose extra virgin and in a dark container to block the light.	Colavita Extra Virgin Olive Oil
Coconut Oil	Ideal for cooking, baking, and frying, as it does not denature with the heat. Extra-virgin is best.	Viva Naturals Organic Extra Virgin Coconut Oil
MCT Oil	Choose organic MCT oils that do use harsh chemicals or solvents to isolate the MCT's. Great for smoothies.	Viva Naturals Organic MCT Oil
Avocado / Grape Seed Oil	Choose organic, extra virgin, and cold pressed. Use for cooking at medium to low temperatures.	Zatural Virgin Grapeseed Oil Neomega Cold Pressed Avocado Oil
Hemp Seed Oil	A great ratio of essential fatty acids. Mix into salad dressings and smoothies.	Nutiva Organic Cold Pressed Unrefined Hemp Oil
Flaxseed Oil	Choose organic and cold pressed, and never heat!	Barlean's Organic Flax Oil
Fish Oil (Supplement)	Look for a fish oil that has been formulated to eliminate any contamination.	Max Living Optimal Omega
Flax Seed Meal	Great on salads and on oatmeal.	Viva Naturals Organic Ground Flax Seed
Coconut Flour / Almond Flour	Great alternative to grain flour for baking.	Bob's Red Mill Almond Flour Bob's Red Mill Coconut Flour
Coconut / Almond Milk	Choose unsweetened. Organic is best. Coconut milk preferred over almond milk.	So Delicious Coconut Milk
Nut Butters	Avoid peanut butter. Choose almond, cashew, or macadamia. Raw is best.	Jiva Organics Raw Sprouted Organic Almond Butter
Yogurt	Choose full-fat, organic with no added sugar. Raw is best, if available.	Local grocer or health food store
Butter	Choose organic, pastured butter. Raw is best if available.	Organic Valley Pasture Butter Kerrygold Butter
Chocolate (Cacao)	Pure chocolate contains no sugar. Mix or melt down with stevia or cinnamon. Great for smoothies or with nuts or berries.	Viva Naturals Organic Cacao Nibs



## High Fiber Carbohydrate Choices

Food Type	Notes	T28 Recommended
Vegetables	Organic is best, but not essential. Veggies with highest pesticide loads should be organic.	Lettuce, leafy greens, broccoli, spinach, onions, cauliflower
Powdered Greens	Great substitute for essential veggies if lacking in your diet. Great for kids!	Dr Axe Organic Supergreens

## Starchy Carbohydrate Choices

**Note:** It is best to avoid starchy carbohydrates until you have achieved fat-loss goals, then add in moderation.

Food Type	Notes	T28 Recommended
Starchy Vegetables	Organic is best, but not essential	Sweet potatoes, carrots, butternut squash, artichokes
Beans	Organic is best but not essential. It is preferred that canned beans contain no added salt.	Green beans, black beans, kidney beans, pinto beans
Whole Grain Bread	Must be whole grain, sprouted, or stone-ground with no added sugar or HFCS. Will still contain gluten.	Ezekiel bread
Oatmeal	Choose steel cut and whole grain	Bob's Red Mill Gluten-Free Organic Steel Cut Oats



## Condiments, Spices, and Seasonings

Food Type	Notes	T28 Recommended
Mayonnaise	Avoid substitutes available in grocery stores made with canola oil and/or soy products. Grape seed oil, olive oil, or avocado oil based spreads are acceptable.	Better Body Foods Avocado Oil Mayo
Salad Dressing	Most store brands use rancid oils. You can copy the ingredients and make your own using avocado oil or hemp seed oil.	Primal Kitchen Avocado Oil Dressing
Tamari	Fermented soy product, excellent substitute for traditional soy or steak sauce.	Eden Organic Tamari Soy Sauce
Marinades	Liquid aminos provide a great taste for meat	Bragg's Liquid Aminos
Herbs and Spices	Organic herbs and spices are best using only single ingredients with no fillers.	McCormick Herbs and Spices
Salsa	Look for organic with no added sugar or MSG	365 Organic Salsa
Salt	General "sea salt" may contain 2% additives. You should see flecks of color in the salt, which show that the minerals are unprocessed and intact.	Celtic sea salt or Himalayan salt

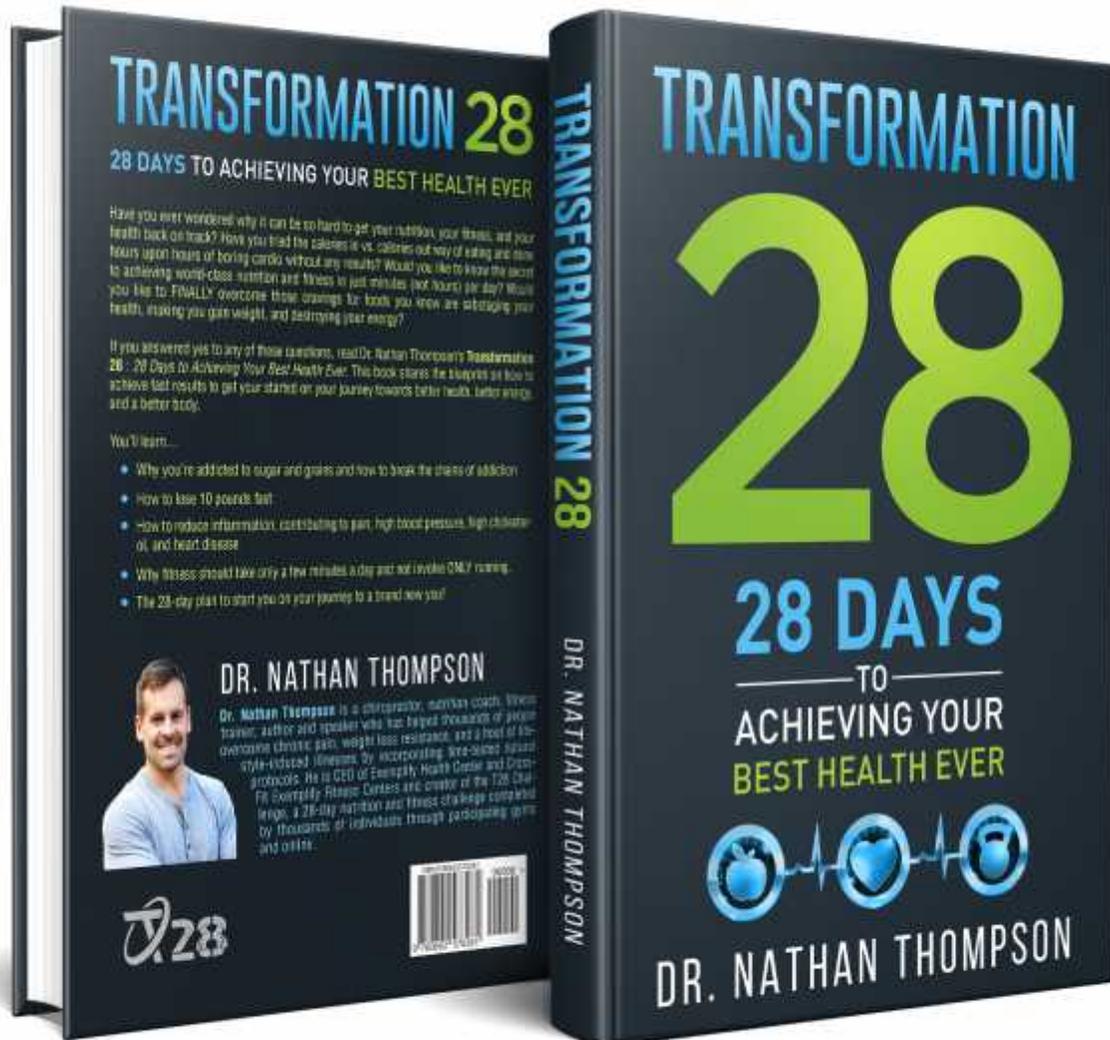
## Sweeteners

Food Type	Notes	T28 Recommended
Stevia	Look for stevia without unnatural preservatives and additives.	SweetLeaf Stevia Sweetener (powder or liquid)
Xylitol	Use xylitol derived from birch, not corn, and does not contain corn-based additives. Use in small quantities to avoid digestive distress.	Zveet Birch Xylitol Sweetener



## Beverages

Food Type	Notes	T28 Recommended
Water	Avoid drinking tap water. Reverse osmosis is best.	APEC Water Systems
Recovery Drinks	Avoid drinks sweetened with high fructose corn syrup or added sugar and contain artificial colorings. Unsweetened coconut water with no added ingredients is best after exercise.	Vita Coco Coconut Water Unflavored
Soft Drinks	Avoid beverages with added sugar, high fructose corn syrup, or from concentrate. Choose soft drinks sweetened with stevia and xylitol in moderation.	Zevia or Kombucha



To purchase Transformation 28 or for more resources, visit

***[Transformation28.net](http://Transformation28.net)***