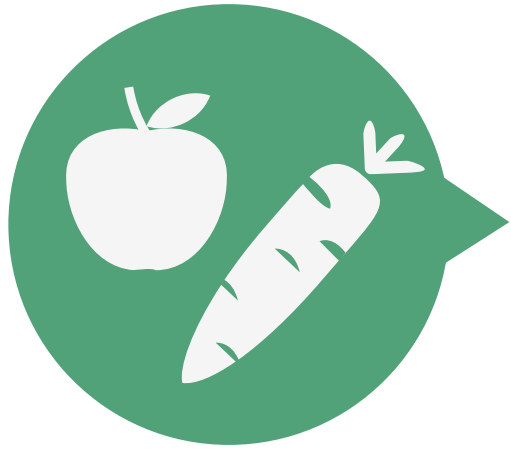


REAL FOOD LIST

by iFoodReal.com



FRUITS AND VEGETABLES

- All, variety depends on your location
- Organic when feasible
- Use Dirty Dozen and Clean Fifteen lists to save money on organic
- Shop at local farmer's market for non-sprayed (ask!) produce
- Buy in season
- Fresh and frozen



WHOLE GRAINS

- 1 Oats: quick (instant), rolled (old fashioned), steel cut oats or quick cooking steel cut oats.
- 2 Brown rice
- 3 Quinoa
- 4 Pasta: whole wheat, spelt, brown rice, quinoa, chickpea.
- 5 Bread: whole wheat (make sure it's ingredient #1), sprouted whole grain, sourdough, rye.
- 6 Farro
- 7 Millet
- 8 Barley (not pearled)
- 9 Popcorn
- 10 Bulgur
- 11 Amaranth
- 12 Flour: whole wheat, spelt, oat, almond.
- 13 Crackers: sweet potato, brown rice, etc

- To save money on organic produce, use Dirty Dozen and Clean 15 lists.
- Shop at farmer's market for non-sprayed (ask!) produce
- Full fat dairy, grass fed (pasture raised) or organic animal products
- BPA free cans, healthy fats in glass jars vs. plastic
- Wild seafood
- Organic when feasible
- Eat more plants!!!



BEANS AND LEGUMES

- 14 Dried beans
- 15 Lentils
- 16 Edamame



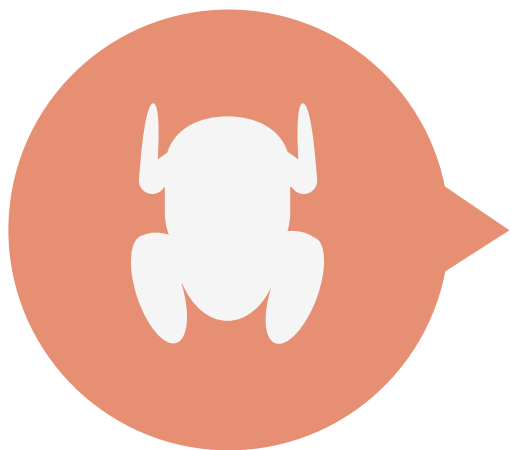
DAIRY

- 17 Greek or regular yogurt
- 18 Buttermilk (kefir)
- 19 Cheese
- 20 Cottage Cheese
- 21 Milk
- 22 Cream Cheese



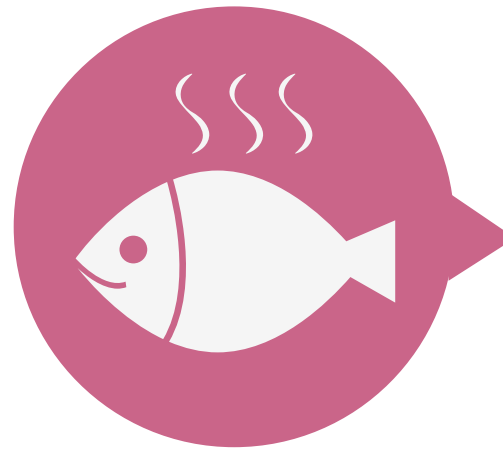
EGGS

- 23 Eggs from free roaming, eating worms and vegetables chickens are the best. Try to find local eggs or buy organic at the store



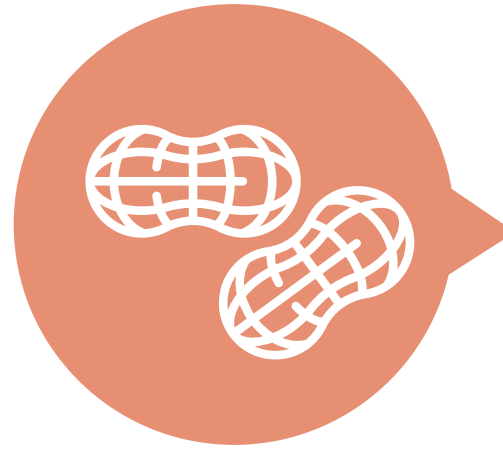
MEAT

- 24 Turkey
- 25 Chicken
- 26 Game Meat
- 27 Bison
- 28 Lamb
- 29 Pork
- 30 Broth



FISH AND SEAFOOD

- 31 Salmon: sockeye, pink, coho, king, chum.
- 32 Trout
- 33 Shellfish
- 34 Rockfish
- 35 Halibut
- 36 Any wild fish caught in the wild.



NUTS AND SEEDS

- 37 Milk: almond, coconut, rice, soy.
- 38 Almonds
- 39 Peanuts
- 40 Walnuts
- 41 Cashews
- 42 Pecans
- 43 Pine Nuts
- 44 Macadamia nuts
- 45 Nut butters with only 1 ingredient: nuts.
- 46 Chia seeds
- 47 Flaxseed
- 48 Hemp hearts



FATS

- 49 Butter: organic or grass fed.
- 50 Extra virgin olive oil
- 51 Avocado oil
- 52 Sesame oil
- 53 Avocado oil mayo



SWEETENERS & SWEETS

- 54 Maple syrup
- 55 Raw & unfiltered honey
- 56 Dates
- 57 Dark chocolate 75+%
- 58 Cane sugar
- 59 Coconut palm sugar



PANTRY ITEMS

- 60 Canned diced tomatoes, tomato sauce and tomato paste.
- 61 Salsa
- 62 Applesauce
- 63 Coconut milk – full fat.
- 64 Spices: no preservatives, organic when feasible, dried herbs, 3 must have homemade spices recipes.
- 65 Bouillon cubes (organic for sure).
- 66 Pumpkin puree
- 67 Condiments (preferably organic): soy sauce, mustard, ketchup.
- 68 Jarred vegetables like olives, artichokes, roasted pepper, pickles, sauerkraut etc.
- 69 Vinegars



BEVERAGES

- 70 Water
- 71 Tea
- 72 Coffee
- 73 Wine
- 74 Juice: freshly squeezed.