

Choose Real Food



A big part of this eating plan is to eat real food and get healthy! When you are healthy the weight drops almost effortlessly, hormones balance, sleep improves, cognitive ability improves, life looks and feel brighter. “Your Genes Load The Gun & Lifestyle Pulls The Trigger.” Your genes are expressed by your lifestyle which include the quality of food you eat; how you manage stress, quality of sleep, type and frequency of movement and exercise. Please note the importance of the definitions below.

Organic- simply stated organic produce and other ingredients are grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms, or ionizing radiation. Animals that produce meat, poultry, eggs, and dairy products do not take antibiotics or growth hormones.

Non-GMO means non-genetically modified organisms. GMOs (genetically modified organisms), are novel organisms created in a laboratory using genetic modification/engineering techniques. Scientists and consumer and environmental groups have cited many health and environmental risks with foods containing GMOs.

Grass Fed & Pasture Raised Animal Products

“Grass fed” (grass composes the majority of the animal’s diet) and “pasture raised” (the animals graze in a pasture for at least part of the day, though they may also be fed grain by the farmer) were not nearly as well understood. **Pasture-raised animals** receive a significant portion of their nutrition from organically managed pasture and stored dried forages. Unlike 100% grass-fed cows, pasture-raised cows may receive supplemental organic grains, both during the grazing season and into winter months.

Wild Caught Fish

Wild-caught fish are often healthier, with less contamination from man-made toxins because they feed on a natural diet of smaller fish and algae and come into contact with less bacteria and parasites. The downside is that many larger wild fish are high in mercury, and poor fishing methods can harm the ocean habitat and result in overfishing.

Farmed Raised Fish

Farm-raised fish can have more contamination from toxic industrial chemicals, such as PBCs (polychlorinated biphenyls) and dioxins. They're often raised in crowded conditions and contain higher rates of bacteria, pesticides, artificial coloring, antibiotics and parasites.

Reading labels

How to Read a Nutrition Label on the KETO DIET

INGREDIENTS: Milk and cream, eggs, erythritol, inulin, organic cane sugar, vegetable glycerin, organic vanilla extract, organic vanilla beans, sea salt, organic carob gum, organic guar gum, organic stevia, Sugar Alcohol, Dietary Fiber, Artificial sweetener (OK for KD), Sugar.

Nutrition Facts
 Serving Size 1/2 Cup (66g)
 Servings Per Container 4

Amount Per Serving		Calories from Fat 18	
Calories 60		% Daily Values*	
Total Fat 2g			3%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 41mg			14%
Sodium 115mg			5%
Total Carbohydrate 14g			5%
Dietary Fiber 5g			20%
Sugars 4g			
Sugar Alcohol 5g			
Protein 6g			12%
Vitamin A 2%		Vitamin C 0%	
Calcium 13%		Iron 1%	

*Percent Daily Values are based on a 2,000 calorie diet.

Net carbs: Total Carbs (14g) - Dietary Fiber (5g) - Sugar Alcohols (5g) = Net carbohydrates (4g)

Count Protein grams: Protein (6g)

Count Total Fat grams: Saturated, Monounsaturated and Polyunsaturated Fats are OK

Careful on serving size! 1/2 cup is smaller than you think!

Clean Fifteen & Dirty Dozen

EWG's 2017 Dirty 12™

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

EWG's 2017 Clean 15™

1. SWEET CORN
2. AVOCADOS
3. PINEAPPLES
4. CABBAGE
5. ONIONS
6. SWEET PEAS
7. PAPAYAS
8. ASPARAGUS
9. MANGOES
10. EGGPLANT
11. HONEYDEW
12. KIWI
13. CANTALOUPE
14. CAULIFLOWER
15. GRAPEFRUIT

Read labels and look at:

Ingredients: if you can't recognize the name don't buy it

The macros: Total Fat, Total Carbohydrate, Protein

Servings Per Container

Dirty Dozen – buy organic because they are the most commonly sprayed; these have the most pesticide residue

Clean Fifteen – okay if not organic because they have the least likelihood to contain pesticide residue