

**Healthy Food Choices
John W Bender BSc, ND**

FATS AND OILS

Use	Limit	Avoid
Cold pressed , unrefined vegetable oils eg sunflower, safflower flax, pumpkin, walnut and sesame seed oil.(Add 400 IU Vit E to preserve and refrigerate).	Salted butter, lard	Margarine of all kinds, commercial cooking oils, shortening
If frying or using oils over 300 F use saturated oils like olive or lard or coconut oil because they don't break down chemically. Unsalted butter Raw oil bearing nuts and seeds preferably unroasted and unsalted Sunflower, sesame seeds Avocados, walnuts Cold water fish, eg herring, mackerel, cod, char		Nuts roasted in oil Any fast food fried foods Any rancid oils, fats, nuts

DAIRY

Raw cow's milk if available, cultured milk products made from unpasteurized milk	commercial pasteurized milk, commercial cheeses, frozen yogurt	sour cream, whipped cream, evaporated milk, chocolate milk, commercial ice cream, cream cheeses, processed cheese eg Velveeta, Cheese Whiz
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LEGUMES AND SEEDS

sprouts excellent and easy to prepare. Sunflower, sesame, cashew, pecan, almonds, walnuts, flours, Brazil nuts, unsalted and unroasted is preferable	Home canned with a minimum of sugar. Peanuts (Ontario- no aflatoxin)	canned with sugar, oil and or preservatives
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ANIMAL

Organically grown, grass fed, free range, cooked at low temp, meats are best. Emphasize fowl and lean meats	Pork and products. Meats that are drug contaminated	deep fat fried bacon, hot dogs, cold cuts, luncheon meats and sausages (containing nitrates), canned meats, skin of chicken and turkey
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FISH

Fresh water from uncontaminated lakes, salt water (sardines best), cold water fish like cod , haddock, sole, perch, Arctic char. "Wild" fish are best	Fresh water fish, canned herring or wild salmon, commercially farmed fish	canned tuna, deep fried , smoked, salted or pickled fish
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FRUITS AND VEGETABLES

Organic, fresh, raw, locally grown, lightly cooked	Home canned, frozen, peel if skin waxed	commercially canned especially added salt, sugar or preservatives. Commercial stews and soups
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DRINKS

Spring, reverse osmosis water	bottled spring water, filtered tap water	chlorinated tap, distilled water
Freshly expressed fruit and vegetable juices	canned vegetable and fruit juices, frozen concentrates (dilute with 5 cans of water instead of 3)	added fructose/glucose (HFCS)
Green tea	Herbal teas, coffee substitutes eg Inka, Postum etc	Coffee, black tea "soft" drinks, powdered drinks

CONDIMENTS

Culinary herbs, sea salt	homemade relishes, apple cider vinegar	sauces, commercial mayonnaise, ketchup, MSG, aluminized salt. Commercial vinegar
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EGGS

Farm fresh, open range, organically fed chickens-best poached, cooked lightly	commercial eggs, lightly fried	"Substitute" eggs, powdered eggs
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GRAINS

Organic, whole wheat, rye, millet, barley, brown rice, buckwheat,	unbleached grain products, milled grains	Refined, bleached grain products, frozen dough, pastries, cakes, cookies etc
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SWEETENERS

Natural sweeteners eg honey, maple syrup	Dried fruits	Products with added sugar (HFCS High Fructose Corn Syrup), hard candies, commercial chocolate, artificial sweeteners, sugars usually end in "ose".
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