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CLEANING OUT YOUR CUPBOARD

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CLEANING OUT YOUR CUPBOARD

Cleaning out your cupboard can seem to be an overwhelming task. Where to start? I thought this was good for me? But it's organic, so it's good right? All common questions asked daily and to make it easy for you, I have designed this cheat sheet for you to redesign your cupboard, meals, snacks and grocery lists!

This is something that anyone can do immediately! The recommendations below are general things you can incorporate into your daily routine.

THINGS TO AVOID

- 1- "White" highly processed foods like white bread, white rice, white flour, and white sugar.
- 2- Alcohol.
- 3- The wrong kind of Animal Products (processed meats, hormone treated, grain fed, etc.).
- 4- Microwaves.
- 5- Canned foods when possible.
- 6- GMO food.
- 7- Fast food.
- 8- Stale and toxic cooking oils.
- 9- Artificial Sweeteners

There is a lot to cover in each of these, too much for this PDF. That being said, the information, science, backup and related links to my top 9 things to avoid can be found in the later pages of this PDF. Hope you enjoy and can start incorporating some of these changes into your daily routine.





THINGS TO AVOID DETAILED

1) **"White"** highly processed foods like white bread, white rice, white flour, and white sugar. In fact, most processed foods must go and for many reasons. The biggest one being that the nutritional value of these foods is very low. So, you may be getting enough calories, but not enough nutrients from these types of foods. And you will notice that after eating these types of foods, you are hungry shortly after and that is because you have consumed calories but not nutrients. So, your body is telling you it is still hungry for nutrients! And secondly, these foods are quickly absorbed into the bloodstream resulting in blood sugar spikes, which in turn causes insulin levels to spike. So, it is important to avoid these types of foods as much as possible, not only for the nutritional value, but for the glycemic load on our bodies that these foods produce. Glycemic load (GL) is actually more important than the Glycemic index (GI) because the GL takes into account how much of these foods are typical in a serving. For example, watermelon has a high GI, but low GL because how much is usually eaten in a serving.

In short, if you're going to eat bread or pasta, choose whole grains which take the body longer to absorb, and produce less of a glycemic load. It's best to choose homemade versions to avoid any preservatives, but if that is not an option for you, there are a couple of brands out there that I like. Namely, Ezekial Bread and Squirrely Bread. These both contain sprouted whole grains and have low GL. For Pasta, I choose either organic whole grain, or red lentil or quinoa pasta.

Another important note when talking about these types of processed foods is that they are typically laden with unnatural chemicals and preservatives. This is a very controversial topic and I won't touch too much on it. Just be aware of the the preservatives and take your time on finding options that don't contain them. I know it's not always possible, but do your best!

THINGS TO AVOID DETAILED

2) Alcohol. For me and health reasons it had to go. But for general health it's good to keep an eye on consumption as it is high in sugar content and that's not talking about if you use a mix. That's just talking about those few glasses of wine we don't count into our day! Also, alcohol, although it is a depressant, actually has negative effects on our sleep.

3) Animal Products. I personally do my best to avoid animal products and have a mostly plant-based diet. The more research I do, I have found that any animal products simply set off an inflammatory response in the body. But, if you are going to eat meat, cut it back and make sure you are getting **grass-fed/finished beef**, and only once per week, free-range chickens and turkey, and wild caught fish (no farmed fish of any kind).

4) Microwaves. These change the molecular structure of food and your body does not recognize it as food anymore!

5) Canned foods. Even if they are labelled BPA free, there are still chemicals that leach into the food. Do your best to avoid canned foods. Again, this may not be possible for everything, so just do your best. In that case, look for BPA free and organic.

6) GMO foods. I know this is a controversial topic, so let me explain this a little more. In terms of GMO's you are going to be looking for certain things like alfalfa, canola, corn, cotton, papaya, potato, soy, sugar beet, and zucchini. And the reason behind this is, these types of crops are heavily sprayed with round-up and other toxic pesticides and herbicides and are genetically modified to "survive" these heavy sprays. In turn, they are highly contaminated with these toxic chemicals when we consume them. Most of these can be hidden in packaged foods in some form or another, so it is good to look for the "NON-GMO Project" label when purchasing packaged foods. But also look for organic as well, since Non-GMO doesn't mean it hasn't been sprayed, it simply means that it is not genetically modified. If you can find Non-GMO and organic, that is best.



THINGS TO AVOID DETAILED

7) Fast food, obviously for so many reasons. Toxic chemicals, deep fried oils, preservatives, and colors are just to name a few. And when I am talking fast food, I mean the “burger and fry” chains that we all know but visiting chain restaurants would also be considered the same.

8) Stale and toxic cooking oils. It's important to know the smoke point of the oils you use for cooking. If you heat it too high it becomes carcinogenic. To keep things simple, I use avocado oil for high heat cooking, coconut oil for baking at 350 degrees or less, and extra virgin olive oil raw (in salads for example).

9) Artificial sweeteners. No calorie sweeteners like aspartame, Splenda, sweet n' low, to name a few, are actually toxic chemicals that your body doesn't know how to digest or deal with properly. Essentially, they trick your body into thinking it is having sugar, but the calories don't add up. It literally causes metabolic disfunction in your cells.

***It is better to use natural sweeteners like organic raw honey, organic pure maple syrup, raw cane sugar, or coconut palm sugar. But at the end of the day, it is the amount and the glycemic load of the food you are eating. Here is a great little tool to help you figure out which foods have a better glycemic load:

<http://www.glycemicindex.com>

***Eating in restaurants always proves to be tricky because you never know what you're getting, especially chain restaurants. Get comfortable eating at home or go to restaurants where the food is prepared fresh and you can ask for things to be prepared specifically for your dietary concerns.

***Get really good at reading food labels. Less is more when it comes to anything in a package or box!!! I specifically stay away from nitrites, sulphites, sodium phosphate, tocopherols, and other preservatives as well as any colour or flavours added, including the word *spices if it is not followed by the exact spices as MSG is often hidden in foods this way. And the reasoning is because these are all chemicals that put a toxic load on your body and some are even linked with certain cancers. I like to play it safe and if I choose to buy a packaged food, I like the ingredients to be something I could make at home.





THINGS TO ADD

- 1) Greens, greens, greens, and more greens! Dark leafy greens (like spinach and kale) are high in antioxidants and micronutrients that your body needs so don't skimp on these.
- 2) Vitamin D, especially during the winter months. I simply use some D drops. The amount you require will differ, so you may want to look into this a little more.
- 3) Vitamin C. Again, supplements can come in handy here, but there are so many foods that contain vitamin C. Just find the ones you like best! For example, red peppers, snow peas, broccoli, oranges, strawberries, pineapple.
- 4) Mushrooms!!! They have so many amazing benefits. I take a supplement for this, again, mostly because I find it hard to eat all of this every day.
- 5) Alliums like garlic, leeks, green onions, shallots, chives. These have all been shown to play a role in inhibiting mutations and preventing cancer growth.
- 6) Cruciferous Vegetables. (broccoli, cauliflower, Brussel sprouts, cabbage, and more) According to the information I have come across, it seems to be the sulforaphane which plays a role in prevention as well as slowing cancer growth.
- 7) Berries. They are full of antioxidants and have not only anti-inflammatory properties, but also many anti-cancer properties, including the inhibition of the formation of new blood vessels, which cancer needs to survive.

**Before starting any new diet and exercise program please check with your doctor and clear any exercise and/or diet changes with them before beginning. We are NOT doctors or registered dietitians. We do not claim to help cure any condition or disease. We do not provide medical aid or nutrition advice for the purpose of health or disease nor do we claim to be doctors or dietitians.