

# what are real foods? (a partial list)

## real foods, for sure

all fruits & vegetables

- fresh
- frozen (check ingredients)
- fermented w/ minimal sugar
- canned is okay, but usually has reduced vitamins  
(exception: tomatoes have more lycopene when canned)

oils:

- coconut (refined or not)
- extra virgin olive oil
- avocado

tea, coffee, soda water

real maple syrup & honey

all vinegars, herbs & spices

coconut & almond milk (*read the label*)

Note: all animal products should be antibiotic-free, if possible

meat, poultry, & fish

(see notes in middle column about processed meats)

eggs

nuts; nut butters with no sugar & no hydrogenated oils

dairy (if tolerated):

- organic, antibiotic-free, & made with raw milk, if possible

real, but less nutrient dense: organic grains (wheat, corn, rice, oats)

pseudo grains such as quinoa

most beans and peas

ALWAYS READ THE INGREDIENTS LABEL;  
don't trust the front-of-the-package descriptions!  
"Sugar-free" may still contain corn syrup;  
"0 grams of trans fats" may still have hydrogenated fats.

## gray areas

non-organic dairy products

processed meats (hot dogs, bacon, sausage, deli meat); as much as possible, avoid those with the following on the label:

- nitrates or nitrites
- sugar or \_\_\_\_\_-ose in the ingredients list (allowances for ham & bacon)
- corn syrup or corn starch
- monosodium glutamate
- soy
- artificial flavoring
- artificial coloring
- any other chemicals that give you pause

organic sugar (use when a substitute won't work in a recipe)

alcohol (for weight loss, avoid beer and sugary ones like rum & liqueurs)

guar gum - common ingredient used as a thickener; harmless in small quantities

## avoid

anything with "hydrogenated" on the label, whether fully or partially

watch labels for ingredients ending in "-ose"; these are sugars

soy: anything other than edamame (use tamari sauce instead of soy sauce; it has soy but not wheat. Or if you react to tamari sauce, use coconut aminos, found in health food stores)

canola, corn, or vegetable oil

margarine

soda (regular OR diet), sweet tea, flavored coffee, coffee "creamers," energy drinks, & "fruit beverages"

almost anything that comes in a box or bag that has flour or sugar listed in the ingredients: breakfast cereal, crackers, granola, pretzels, bread of all kinds, etc.

flavored yogurt

"pancake syrup" or "table syrup"