



FOOD TRUTH

INSIDER'S GUIDE



PORK

Look for:
"Raised without antibiotics",
"Certified organic",
"Pastured" on the label



SALAD

-The darker the greens the better – kale, arugula, spinach & even romaine are high in nutrients & low in calories
-Amp up your salad with herbs, citrus & olive oil instead of fattening dressing



CHOCOLATE

-1 oz dark chocolate per day
-Must be at least 70% cocoa



BREAD

Choose sprouted grain bread, sometimes called "Ezekiel bread", found in the freezer section, to get an extra dose of nutrients



PIZZA

Go for a margarita pizza which contains fresh mozzarella, and less sugar in the sauce without the additives



HONEY

Look for the 3 honeys with the best health benefits:
-Manuka Honey: nourishes skin & can help heartburn
-Buckwheat Honey: most antioxidants
-Acacia Honey: the sweetest honey so you can use less & cut calories



BBQ

-Look for vinegar & mustard based BBQ sauce
-Sugar should not be one of the first three ingredients



CHICKEN

Look for:
"Organic", "Heritage",
"Air chilled" on the label