

Be Nourished Shopping List:

Nourishment starts with food. Eat Real Food. Not Food Product.

- Read the ingredient list. 1) Could you get all the ingredients at the store? If not, it's a food product with synthetics 2) Identify added sugar + identification of synthetics sweeteners 3) Look for "enriched" or "vitamins and minerals" in grain products.

Vegetables

- ___ Fresh or Frozen
- ___ Limit canned

Fruit

- ___ In season?
- ___ Fresh or Frozen
- ___ Limit canned

Whole Grains

- ___ Whole grain crackers (WASA, Ak Mak, Rye Crisps, Mary's Gone Crackers)
- ___ Brown Rice; Wild Rice
- ___ Whole wheat pasta or Unhulled Barley, Bulgur, Quinoa; Whole Wheat Couscous;
- ___ Oatmeal (unflavored; not instant)
- ___ Shredded wheat
- ___ Uncle Sam breakfast cereal
- ___ Puffed Brown Rice
- ___ Organic popcorn kernels

Proteins

- ___ Peanut Butter (**peanuts + salt only**), **no palm oil or sugar**
- ___ Skinless chicken breast
- ___ Fish or shrimp (not fried)
- ___ Fresh turkey breast
- ___ Ground turkey breast
- ___ Lean Ground Meat
- ___ Steak/Game
- ___ Beef or pork loin/round cuts
- ___ Eggs
- ___ Beans
- ___ Nuts/seeds (dry roasted/unsalted)
- ___ Tofu

Condiments

- ___ Mustard
- ___ Vinegar
- ___ Mayo (olive or canola based)
- ___ Herbs and spices (dried/fresh)
- ___ Oils
- ___ Salt and pepper
- ___ Items without sugar or synthetic sweetener

Additional items

- ___ Spices
- ___ Coffee, Tea
- ___ Butter
- ___ Cooking Oils (unrefined/cold pressed)
- ___ Half and Half

WHOLE GRAIN GUIDELINES

The first ingredient should be "whole". Limit foods with the word "enriched" or "vitamins or minerals" anywhere in the ingredient list. If you see a list of vitamins and minerals under the ingredient list (ie: thiamin, riboflavin, etc.) it means it's enriched.

No added sweeteners for 31-days. First look to "added sugar" row on label – should be ZERO. Synthetic substitutes will only be in ingredient list. Refer to added sweetener handout – link sent in your registration

NOURISHMENT GUIDELINES

- #1) Try to eat 3 meals and 3 snacks every day. Quality not quantity. Real food goes a long way.
- #2) Works towards eating within 1 to 2 hours of waking and every 2 to 3 hrs. Start small if you need to!
- #3) Do not wait until you're hungry!! This takes practice. Learn your body.
- #4) Limit eating out...anywhere. Prepare your food. Enjoy eating out as a treat. Make good choices.
- #5) For each meal try for 3 of the 5 food groups. For each snack try for 2 of the 5 food groups.
- #6) Take food with you when you leave home. Have good food available at work!!!
- #8) Look down at your grocery cart and in your fridge/cabinets and at work...do you have 5 food groups and minimal "others"?
- #9) Quit Soda. Drink more water.

Dairy

- ___ Milk
- ___ Plain yogurt
- ___ Cottage cheese/Ricotta Cheese
- ___ Swiss, Cheddar, Mozzarella,
- ___ Specialty cheeses

- Real food has few ingredients • Eat simply
- Enjoy food • Take time to prepare your food
 - Learn about food • Balance is key
- Sugar substitutes and calorie-free are unhealthy
- Eat more healthy snacks • Eat more plant based foods
- Limit too much of one food groups....BALANCE!