

Shopping guidelines

- Stick to the perimeter
- Select whole foods (no need to read labels)
- Choose lots of color
- Beware of health claims
- Nothing in a package
- Fresh flavor & organic spices
- Pay more buy less (be sure you know what you are getting: ie. organic, free-range, grass-fed, hormone-free, antibiotic-free)
- Go to the Farmer's market
- Label rules: Avoid food products with ingredient lists that are too long, difficult to pronounce, color and numbers (rather than foods), or contain "high fructose corn syrup" and hydrogenated" or "partially hydrogenated" oil