

Focus on Healthy Eating Workshop

Ingredients to Avoid

- High-fructose corn syrup
- Sugar
- Modified corn starch
- Msg (monosodium glutamate)
- Natural flavors
- Enriched and bleached flour
- White flour
- Processed meat
- Artificial coloring
- Artificial flavors
- Aspartame
- Sodium nitrate
- Sodium nitrite
- Saccharin
- Hydrogenated vegetable oil
- Partially hydrogenated vegetable oil
- Corn syrup
- Acesulfame-k
- Equal®
- Nutrasweet®
- Sweet'n low®
- Sucralose
- Splenda®
- Sorbitol
- Benzoate preservatives (bht, bha, tbhq)
- Brominated vegetable oil (bvo)
- Olestra
- Carmine
- Propyl galate
- Autolyzed vegetable protein
- Hydrolyzed vegetable protein
- Calcium caseinate
- Sodium caseinate
- Textured protein
- Refined oils: corn, canola, cottonseed, soybean oil
- Glutamate
- Monosodium glutamate
- Monopotassium glutamate
- Yeast extract
- Hydrolyzed protein
- Glutamic acid
- Calcium caseinate
- Sodium caseinate
- Yeast food
- Hydrolyzed corn gluten
- Gelatin
- Textured protein
- Yeast nutrient
- Autolyzed yeast
- Natrium glutamate
- Carrageenan
- Natural pork flavoring
- Natural beef flavoring
- Flavor(s) & flavoring(s)
- Malt flavoring
- Natural chicken flavoring
- Bouillon & broth
- Whey protein concentrate
- Whey protein isolate
- Malt extract
- Soy protein isolate
- Soy protein
- Maltodextrin
- Citric acid
- Ultra-pasteurized
- Barley malt
- Protease
- Protein enzymes
- Anything enzyme modified
- Enzymes anything
- Soy protein concentrate
- Anything soy fortified
- Seasoning
- Potassium bromate

IF YOU HAVE ANY QUESTIONS about ingredients in a certain product, please bring in the product to your next appointment and we'll test it!



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Stock the Pantry/Fridge

Raw, organic Nuts	Organic herbs & spices
Flours: Oat, Rice, Almond (Bob's Red Mill)	Garlic bulbs
Cold pressed olive oil	Unsalted butter
Unpasteurized apple Cider Vinegar	Wild or brown rice
Aluminum Free Baking Powder (Bob's Red Mill)	Organic, canned tomatoes
Sweeteners: Pure maple syrup, raw honey, molasses,	Organic Tomato Paste
Protein powder (Standard Process)	Organic Tomato Sauce
Cage-free, local farm eggs	In-season fruite & vegetables
Shredded coconut (tropicaltraditions.com)	Organic vanilla extract
Coconut oil (tropicaltraditions.com)	Antibiotic/hormone-free chicken, turkey, beef, lamb, venison
Pure Cocoa Powder (Green & Black's Organic Cocoa powder)	Fresh ginger
Course, kosher salt	Plain ypgurt
Lentils & other beans (fresh if possible)	Organic balsamic vinegar
Potatoes	
Onions	
Lemons	
Coconut, goat, almond, rice, or raw milk	

Healthy Snacks

Plain Yogurt with cinnamon, vanilla extract and a little honey

Homemade granola with nuts & dried fruit

Apple topped with nut butter

Raw vegetables & hummus

Protein shake

Roasted pumpkin seeds (see blog for recipe) or another nuts

Homemade almond crackers topped with goat cheese and chopped tomatoes (see blog for cracker recipe)

Raw cheese

Homemade, raw protein bars (see blog for recipe)

English muffin pizza (tomato sauce, mushrooms, tomatoes, fresh basil, thinly sliced onion, goat cheese)

Zucchini-banana bites (see recipe in packet)

Frozen fruit and veggie smoothie

Deviled eggs

Ezekial bread with nut butter

