

The High-Quality Foods Cheat Sheet

Protein Sources

Beef: Grass-Fed, Free-range or Free-roaming, “Raised without antibiotics”/ “no antibiotics administered”, Natural, “No Hormones administered”¹ (USDA)

Chicken/Poultry: Natural, Free Range or Free Roaming, Fresh, Certified Organic, Cage Free, “Certified Humane Raised and Handled”²
“Federal regulations prohibit the use of hormones”¹
“No antibiotics added”¹

Eggs: Free-range, hormone-free, antibiotic-free, cage-free, organic

Dairy Products: Organic, no hormones (rBGH), Antibiotic-free

Salmon: Wild Caught, Alaskan

Halibut: Pacific and California Halibut

Sardines: Wild Caught, Pacific

Fish: See the following list

<http://www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-northeast-guide.pdf>

Fish to Avoid due to higher mercury and/or PCBs:

Bluefin Tuna^{3,4}

Canned Albacore Tuna⁴

Yellowfin Tuna⁴

Atlantic Halibut⁴

Chilean Sea Bass (from Crozet, Prince Edward, and Marion Islands and Chile)⁴

Grouper^{3, 4}

Monkfish^{3, 4}

Orange Roughy^{3, 4}

Farm Raised Salmon⁴

Swordfish³

Shark³

Tilefish³

King Mackerel³

Marlin³

1. <http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/meat-and-poultry-labeling-terms/meat-and-poultry-labeling-terms>

2. http://www.huffingtonpost.com/eatingwell/buying-chicken_b_1375953.html

3. <http://www.nrdc.org/health/effects/mercury/guide.asp>

4. <http://www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-northeast-guide.pdf>

High Quality Fats

High Quality Fats:

- Grass-Fed Beef
- Chia Seeds
- Poultry: organic
- Wild Game
- Eggs
- Olives
- Avocados
- Algae/Seaweed
- Halibut
- Shrimp
- Snapper
- Nuts/seeds
- Almonds
- Cashews
- Almond Butter
- Macadamia Nuts
- Pine Nuts
- Brazil Nuts
- Pecans
- Hazelnuts/Filberts
- Sunflower Seeds
- Pumpkin Seeds

Foods High in MUFAs:

- Olive Oil
- Hazelnut Oil (unrefined)
- Safflower Oil (Unrefined)
- Macadamia Oil
- Almond Oil
- Tea Seed Oil
- Pecan Oil
- Hazelnut (refined) Oil
- Avocado Oil (unrefined/raw)

Healthiest Fats:

- Olive oil (virgin)
- Hemp (unrefined) oil
- Coconut (unrefined) oil
- Almond oil
- Macadamia oil
- Tea Seed oil
- Pecan oil
- Hazelnut (unrefined) oil
- Avocado (unrefined) oil
- Flax (unrefined/cold pressed) oil
- Hazelnut (unrefined) oil
- Olives (green or black)
- Avocados

Fats Better for cooking:

- Coconut
- Grass fed Butter
- Macadamia Oil
- Almond Oil
- Pecan Oil
- Hazelnut Oil
- Avocado Oil (unrefined/raw)
- Tea Seed Oil
- Rice Oil/Rice Bran Oil

Fats Best for dressings/ sensitive to high temps

- Safflower (Unrefined)
- Flax (unrefined)
- Hazelnut (unrefined)
- Olive
- Hemp (Unrefined)

Foods High in Omega-3s:

- Hemp Oil
- Flax oil/seeds/meal
- Walnuts/walnut oil
- Algae
- Chia Seeds
- Salmon
- Scallops
- Soybeans
- Halibut (baked/broiled)
- Shrimp (steamed/boiled)
- Snapper (Baked)
- Tofu (raw)
- Winter Squash
- Tuna, yellowfin
- Cod (baked)
- Kidney Beans

Commonly Genetically Modified Fats:

- Corn oil
- Cottonseed oil
- Palm and Palm Kernel oil
- Soybean oil
- Canola (Rapeseed) (Conventional) oil
- Mayonnaise
- Margarine
- Shortening
- Hydrogenated oils

Other Fats:

- Butter (grain fed)
- Sesame
- Grapeseed
- Safflower (refined)
- Butter (Grass fed)
- Ghee

High Quality Produce

Fresh vs. Frozen:

In-season: buy them fresh and ripe. Buy organic when possible, especially the “dirty dozen”.¹

Off-season: buy them frozen. The process of freezing provides a high concentration of nutrients. Buy organic when possible.¹

Winter²

- Belgian Endive
- Brussels Sprouts
- Buttercup Squash
- Clementine
- Collard Greens
- Dates
- Grapefruit
- Kale
- Kiwi
- Leeks
- Oranges
- Passion Fruit
- Pear
- Persimmons
- Pomegranate
- Red Currants
- Sweet Potato
- Tangerines
- Turnips

Spring²

- Artichokes
- Asparagus
- Butter Lettuce
- Corn
- Green Beans
- Honeydew
- Jackfruit
- Limes
- Lychee
- Mango
- Mustard Greens
- Peas
- Pineapple
- Radicchio
- Spinach
- Strawberries
- Swiss Chard
- Vidalia Onions

Summer²

- Beets
- All Berries
- Cantaloupe
- Cherries
- Cucumbers
- Eggplant
- Endive
- Figs
- Garlic
- Grapefruit
- Grapes
- Jackfruit
- Limes
- Nectarines
- Peaches
- Plums
- Shallots
- Summer Squash
- Tomatoes
- Watermelon
- Yukon Gold Potatoes
- Zucchini

Fall²

- Acorn Squash
- Broccoli
- Belgian Endive
- Brussels Sprouts
- Butternut Squash
- Cauliflower
- Cranberries
- Delicata Squash
- Date Plum
- Grapes
- Jalapeno Peppers
- Kumquats
- Pumpkin
- Quince
- Sweet Potato
- Turnips

Year Round Produce²

- Apples
- Arrowroot
- Apricots
- Avocados
- Bananas
- Bell Peppers
- Bok Choy
- Broccoli
- Broccolini
- Cabbage
- Carrots
- Cranberries
- Celery
- Cherry tomatoes
- Chinese Eggplants
- Coconut
- Dandelion Greens
- Leek
- Lemons
- Onions
- Papayas
- Parsnips
- Potatoes
- Snow Peas

1. http://www.eatingwell.com/nutrition_health/nutrition_news_information/fresh_vs_frozen_vegetables_are_we_giving_up_nutrition_for
2. <http://www.fruitsandveggiesmorematters.org/whats-in-season>

High Quality Chocolate:

Dark chocolate wins over milk chocolate due to a higher proportion of flavanols which provide a host of health benefits.¹

The higher the cocoa percentage the more flavanols so pay attention to the percentage marked on the label.¹

Check your label!

The amount of flavanols can also be impacted by the way the chocolate is processed from the raw cocoa bean. If the label reads “processed with alkali” then there will be a lot less flavanols. Avoid these chocolates.¹

Healthy Dark Chocolate Brands:

- Pascha - non-GMO, fair trade, organic, no soy lecithin¹
- Sweetriot - Organic, Fair trade^{1,2}
- Alter Eco - Organic, Fair trade^{1,2}
- Ghirardelli Intense Dark - Available in bars or small squares¹
- Godiva - Not processed with alkali¹
- Lindt - Some bars are processed with alkali but not all; check your labels¹
- Green & Blacks - Organic, non-GMO, some includes soy lecithin; check your labels¹
- Valrhona¹
- Moser Roth¹
- Endangered Species¹
- Chocolove - Fair trade¹
- Taza - Organic^{1,2}
- Vivani - Organic¹
- Giddy Yoyo - Raw, Organic¹
- Theo - Organic, Fair trade, Non-GMO^{1,2}
- Scharffen Berger¹
- Equal Exchange - Organic, Fair trade²
- Good Cacao - includes a line of supplement enhanced chocolates for an extra boost²
- Dandelion Chocolate²
- Righteously Raw - Raw processing²
- Sacred Chocolate - Raw, Organic²

1. <https://healthyeater.com/dark-chocolate-best-and-worst>

2. <http://www.livestrong.com/slideshow/1011272-12-clean-dark-chocolate-bars/>

High Quality Nuts

Organic and raw is the way to go when choosing nuts. This ensures the highest density of nutritional value.¹

Go nuts for these nuts:

- Macadamia - high content of monounsaturated fat (MUFA)^{1,2}
- Pecans - rich in vitamin E^{1,2}
- Walnuts - anti-inflammatory, rich in Omega-3 fatty acids^{1,2}
- Almonds - Rich in vitamin E, contains fiber^{1,2}
- Brazil Nuts - rich in selenium; high levels of selenium can be harmful; stick to only 1 serving (5-6 nuts)^{1,2}
- Pistachios - contains vitamin E, B6, and potassium^{1,2}
- Cashews - rich in iron and zinc²
- Hazelnuts - rich in vitamin E and MUFA²

1. <http://articles.mercola.com/sites/articles/archive/2015/10/19/best-nuts-seeds.aspx>
2. <http://www.everydayhealth.com/diet-and-nutrition/0406/why-you-should-go-nuts-for-nuts.aspx>