

How to Shop for Groceries: Your Printable Checklist

Look for organic foods:

- ✓ 100% organic
- ✓ Organic (means a product is 95% organic)

Look for foods with no GMOs

Beef should be:

- ✓ Grass-Finished Beef

Chicken and turkey should be:

- ✓ Organic
- ✓ Antibiotic Free
- ✓ Pasture-Raised
- ✓ No Hormones Added

Eggs should be:

- ✓ Pasture-Raised
- ✓ Organic

Processed foods should:

- ✓ Have few ingredients
- ✓ Have 5% or less of your daily value of added sugar
- ✓ Avoid the following:
 - Sugar
 - Food dyes (artificial colors)
 - Artificial sweeteners (such as aspartame)
 - Dextrose
 - Corn syrup (including high fructose)
 - Cane sugar
 - Fructose
 - Seed oils (canola, palm, and soy)
 - Corn oil
 - Vegetable Oil
 - Carrageenan
 - Isomalto-oligosaccharides (IMOs)
 - Sugar alcohols:
 - Erythritol
 - Hydrogenated starch hydrolysates or HSH
 - Isomalt
 - Lactitol
 - Maltitol
 - Mannitol
 - Sorbitol
 - Whey protein
 - Natural flavors
 - Inulin
 - Guar gum
 - Xanthan Gum