



# Healthy Eating Reference Card



**AVOID** excessive consumption of pesticide treated produce – these have five digit PLU label codes that begin with #4.

**AVOID** the 12 most pesticide-contaminated fruits and vegetables whenever possible – the “dirty dozen”: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce and potatoes.

**AVOID** plastic baby bottles and canned liquid baby formula - both could leach the chemical Bisphenol A (BPA).

**AVOID** cooking all your vegetables and fruits.

**AVOID** excessive BBQing of meats, fish and poultry at high temperatures. Don't eat charred meats which can contain PAHs<sup>1</sup> – known carcinogens.

**AVOID** diets high in red meat and high fat dairy products. Avoid highly processed foods and white – sugar, flour, bread and rice.

**CHOOSE** to eat organic produce when possible – these have five digit PLU label codes that begin with #9 (pesticide-free).

**CHOOSE** the 12 least-contaminated fruits and vegetables (non-organic): onions, blueberries, papaya, broccoli, cabbage, bananas, kiwi, frozen sweet peas, asparagus, mango, pineapples and sweet corn.

**CHOOSE** to breastfeed – mom's milk is best! Use glass baby bottles and choose powdered baby formula when necessary.

**CHOOSE** to eat “live” (raw) foods such as: salads, sprouts, avocados, and coconuts.

**CHOOSE** to BBQ less often and limit meat portions. Eat more vegetables. Cook at lower temperatures to avoid charring.

**CHOOSE** to maintain a healthy weight. Eat more fruits, vegetables, whole grains, nuts and legumes such as beans.

<sup>1</sup>PAHs = Polycyclic aromatic hydrocarbons

<sup>2</sup>PCB = Polychlorinated biphenyls

**AVOID** microwaving whenever possible. Never microwave food in plastic containers or with plastic wrap.

**AVOID** eating non-organic eggs, meat, milk, cheese and other dairy products.

**AVOID** certain fish – especially when pregnant – which are high in mercury or PCBs<sup>2</sup>. Usually larger fish – tuna, shark, swordfish, and farm-raised salmon.

**AVOID** processed baby foods made with pesticide-treated ingredients.

**AVOID** trans-fats and diets high in saturated fats. Avoid hydrogenated oils – commonly found in baked goods.

**AVOID** drinks made with high fructose corn syrup and high refined sugar content – soda, iced tea, and juice.

**AVOID** excessive consumption of alcohol. Remember: 1 drink = 12 oz. beer, 5 oz. wine, or 1.5 oz. liquor.

**AVOID** exposure to chemicals that may leach from plastic containers and non-stick cookware.

**CHOOSE** to cook in the oven or on top of the stove. Use glass or stainless steel cookware.

**CHOOSE** to purchase hormone-free, organic eggs, meat and dairy products.

**CHOOSE** healthier fish such as wild Pacific salmon, sardines, anchovies and herring. Or, get healthy Omega 3 fatty acids from flax, hemp and other oils.

**CHOOSE** organic baby food or make your own from certified organic foods.

**CHOOSE** healthier, less processed oils from plant sources such as olive, walnut, coconut or flax.

**CHOOSE** to drink water. Keep a glass or stainless steel container of filtered water at work and at home.

**CHOOSE** non-alcoholic drink options. Try flavored seltzers or sparkling water with a splash of your favorite juice.

**CHOOSE** to use glass, stainless steel or porcelain containers for food storage and cooking.