



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 PAHs¹ - 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.

¹PAHs = Polycyclic aromatic hydrocarbons

²PCB = 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 PCBs². 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.