Grocery Shopping Guide

Be a savvy PFC shopper

Get Familiar With the Grocery Store

Purchase 95% of your groceries in the outer perimeter of the store. Avoid the middle aisles. They are like a black hole and will suck you in!

Get to know the whole foods and organic food department manager. Build a relationship with them by offering feedback regarding why you choose different products and brands. Politely make suggestions and request new options.

Read Food Labels

Ingredients are listed from the highest proportion (first) to the lowest amount (last) in the ingredients list. The FEWER the ingredients the BETTER.

Understand percent daily values on the food label. Five percent is considered low and twenty percent is considered high.

When comparing brands, choose the food with a minimum of 4 grams of fiber per serving. Your goal is 30 to 40 grams of fiber per day.

Sugar should never comprise more than 1/3 of your total carbohydrates.

Avoid These Ingredients

Avoid ALL food with artificial colors blue, red, and yellow. These are found in most fruit snacks, soda, and processed foods.

Avoid hydrogenated and trans-fats. This is fat that is solid at room temperature and found in processed foods.

Avoid processed foods containing wheat gluten and high fructose corn syrup.

Avoid nitrates and nitrites in processed meats. These have been linked to cancer.

Avoid artificial sweeteners such as aspartame, Splenda, and sucralose. Stevia is a great sugar substitute.

Focus on These Options

Fresh is best. Frozen is next best – especially if it's frozen with no added sugar or salt. Eat canned items only in moderation.

Think COLOR, COLOR, COLOR! Buy all the colors of the rainbow in fresh fruits and vegetables. Produce with a 5 digit code beginning with 9 indicates organic.

Purchase raw nuts instead of roasted and avoid cottonseed oil in all nuts.

Buy products with low sugar. Under 12 grams per serving is ideal. Most of your sugar should come from natural sugars found in fruit.

Find low sodium alternatives. Consume 250 mg per meal or less to improve your blood pressure.

Limit bread. Choose an option like Three Bakers Bread – Gluten Free.

Eat PFC Every 3 Hours

Consume a balance of PFC (protein, fat, and carbohydrates) every 3 hours.

Set a goal for each meal to have most of the plate consist of raw and living food.

Drink at least half your body weight in ounces of water every day. Spring water is ideal.