

# 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

