



Better Health for 2015: Detox Your Kitchen

Please visit www.practicalnutrition.com for more recipes and tips on staying healthy and losing weight the practical way!

1. Healthy Oils and Omegas: Essential for Detoxing Your Body

Get Rid Of: Partially hydrogenated/hydrogenated oils, trans fats, soy oil, corn oil, vegetable oil, vegetable oil “blends”, and canola oil

Have In The Kitchen: Olive Oil, Coconut Oil, Grapeseed Oil, Hemp Seeds, Chia Seeds, Omega Rich Fish, Eggs

Portion Savvy: Limit your portion of healthy fats and oils to 2 TBLS per meal or snack

2. Carbs: Avoid “Toxic” Culprits (refined grains lead to sugar cravings, excess Insulin release, brain fog, digestive disorders, and weight gain)

Get Rid Of: Products containing white/enriched/unbleached/bleached flour, whole grain, multi grain bread, grain products with a long ingredient list, foods labeled “low carb”

Have On Hand: Fruits, vegetables, sweet potatoes, quinoa, brown rice, sprouted bread, etc.

Portion Savvy: Enjoy ½ cup portions of “starchy” or grain based carb per meal or snack

3. Sweets: Choosing Them Wisely

Get Rid Of: High Fructose Corn Syrup (or anything with ‘corn syrup’ on label), date/beet juice, evaporated cane juice, rice/cane syrup, and “all natural” or “organic” sugar

Have In The Kitchen: Honey, maple syrup, fruit, stevia, coconut nectar, and molasses

Portion Savvy: Limit your consumption of natural sugar to ~4 teaspoons/day (20 grams)

4. Ditch All Of Your “Fake Food!”

Get Rid Of: Foods that say: Light, Fat Free, Sugar Free, Low Carb, MSG, Artificial Sweeteners, Food Colorings, Sodium Nitrate/Nitrite, Potassium Bromate, any ingredient you can’t pronounce or your great-great grandmother wouldn’t recognize as food!

Have In The Kitchen: Whole milk or 2% organic dairy, dairy free milk (almond, cocobut) frozen/fresh fruits/vegetables, beans (garbanzo, red kidney, white beans, etc.), homemade frozen meals, raw nuts/seeds, fresh meat (avoid deli), eggs, frozen wild caught fish, food sweetened with PN “approved” sweeteners, and homemade baked goods

Practical Nutrition List of Approved Brands (found at most large grocery stores)

- Chobani, Fage, Oikos yoghurt (plain, 0%, 1%, or 2%)
- Silk Almond milk
- So Delicious Coconut Milk
- “Food For Life” products (Granola; Ezekiel bread- found in frozen section)
- Udi’s Products- Gluten Free Bread (frozen section)
- “Enjoy Life” products (granola)
- Bakery on Main Nature’s Path
- Quaker Oats (plain, unsweetened; instant or slow cooking)
- Soba crackers
- Amy’s Organics (soups, canned beans, frozen foods)