



Nutrition Detectives 5 Clues

(Created by Dr. David Katz – visit www.davidkatzmd.com to order a *FREE DVD*)

Clue #1 NEVER TRUST THE FRONT OF THE PACKAGE - look for the hidden truth in the ingredient list (so we should always look at the ingredient list when first choosing a product)

Clue #2 THE FIRST INGREDIENT IS ALWAYS THE BIGGEST – the product contains the most of this

Clue #3 IDENTIFY HARMFUL INGREDIENTS - The Dirty Dozen (*Experience Life Mag.*, Jan. 2009)

1. Hydrogenated Oils (Example: Peanut Butter)
2. Artificial Colors (Red, Blue, Yellow, Caramel Color etc.) or Artificial Flavors
3. Nitrites and Nitrates – can be carcinogenic
4. Artificial sweeteners (Aspartame, Acesulfame K, Sucralose, Saccharin) or High Fructose Corn Syrup
5. Preservatives (BHA, BHT, EDTA etc.)
6. MSG (Monosodium glutamate)
7. Hydrolyzed vegetable protein or autolyzed yeast extract
8. Potassium bromate (additive mostly in breads)
9. Propyl gallate (additive in baked goods, desserts etc.)
10. Sulfites (sulfur dioxide, metabisulfites, and others)
11. Sodium nitrate (hot dogs, deli meats)
12. Sodium benzoate or benzoic acid

Clue #4 LOOK FOR A SHORT INGREDIENT LIST - If the ingredient list is REALLY LONG with all sorts of words you don't recognize that's another clue that it may be unhealthy.

Clue #5 FIBER IS YOUR FRIEND because fiber helps to lower cholesterol and stabilize blood sugar levels. It helps prevent colon cancer, constipation, hemorrhoids, obesity and much more. The typical American diet has about 10 g of fiber. We need 25-50 g each day!

How to sneak in MORE FIBER:

- Crunchy Raw Fruits and Vegetables
- Trail Mix (RAW nuts & unsulphured dried fruit)
- Add berries to morning cereal
- Veggie Burgers instead of hamburgers
- Whole grain bread and pasta
- Add avocado to sandwiches or dips
- Eat Bean Dishes (lentil soups etc.)
- Add freshly ground flaxseed, nuts, seeds, dried fruit and beans to salads & smoothies
- Brown Rice or try QUINOA (mother grain)
- Mega Fiber Muffins, Pancakes and Cookies
- Snacks: Juice Plus Thins, Raw Fruits and Vegetables, Trail Mix, Organic popcorn, whole-grain crackers, pure snack bars, multi grain chips

OTHER TIPS:

Add more OMEGA 3 FATS to your family's diet (95% of Americans don't consume these healthy fats!)

- Wild Salmon, Tuna, Herring, Mackerel, Anchovies, Sardines, Halibut
- Wheat Germ, Flaxseed
- Walnuts, Pecans, Hazelnuts
- Beans
- Omega 3 Rich Eggs

How to encourage your family to eat more fruits and vegetables:

Have fruit and vegetables washed and ready to eat. Cut up and have ready to eat with dips. Use fruit for a dessert or sweet snack. Add fruits and vegetables to what you already eat (add avocado to sandwiches etc.).

Send fruits and vegetables as a snack in packed lunches or at home (fresh/dried). Carry with you when you are away from home! Serve salads and raw vegetables first at dinnertime, when your family is hungriest.

Try new fruits & vegetables – *Sometimes a child needs to be exposed to a new food 15 times before they'll eat it.*

Give your family Juice Plus+ (Capsules, Gummies or Chewables -concentrated fruit & vegetable snack foods – www.juiceplus.com)

Make Juice Plus+ Complete smoothies for breakfast and Super Juice (blend juice & water with raw spinach or kale and frozen fruit)

For Healthy Recipe and Healthy Eating ideas visit ...

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www.aboutproduce.com

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