

# WHOLE FOOD

## Good Better Best

	GOOD	BETTER	BEST
FRUITS & VEGETABLES	diverse, conventional	prioritize organic for "dirty dozen"	diverse, organic, seasonal, local, self-grown
GRAINS, BEANS, NUTS, & SEEDS	whole grain products, canned beans, diverse nuts & seeds	sourdough bread, beans in non-BPA cans, sprouted nuts & seeds	organic soaked, sprouted, or fermented
EGGS	whole: white & yolk	non-GMO fed, cage free or free-range	organic, local, pasture-raised
DAIRY	whole, fermented (yogurt & kefir)	whole, fermented, grass-fed, organic	whole, fermented, 100% grass-fed, organic, raw
MEAT	minimally processed	non-GMO fed, grass-fed, no added nitrates/nitrites	organic, local, pasture-raised, regenerative
FISH & SEAFOOD	SMASH: salmon, mackerel, anchovies, sardines, herring	non-GMO farm-raised, no colors or additives, in non-BPA cans	sustainably wild-caught, fresh, frozen, or local
FATS & OILS	extra-virgin olive oil (EVOO), coconut & avocado oil, conventional butter	organic EVOO, cold-pressed & unrefined oils, organic butter	organic California EVOO, organic & grass-fed butter/ghee/lard/tallow
SWEETENERS	raw/turbinado sugar, white & brown sugar (in small amounts)	coconut sugar, stevia, monkfruit, xylitol, erythritol	honey (local if possible), maple syrup, molasses, date syrup
BEVERAGES	real fruit/vegetable juice, lightly-sweetened with real sugar	unsweetened, stevia-sweetened, cold-pressed (juice)	organic & fair-trade (tea/coffee), fermented
OTHER	diverse, fresh, minimal ingredients, minimally processed	non-GMO, non-BPA packaging	organic, local, fair-trade, rainforest alliance cert, regenerative