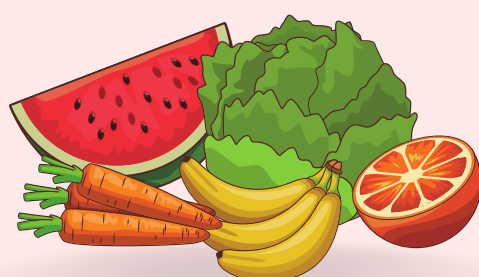


KITCHEN CLEAN OUT

AN EASY CHEAT SHEET OF WHAT TO KEEP AND WHAT TO DITCH FROM YOUR CUPBOARDS & FRIDGE TO IMPROVE THE QUALITY OF YOUR DAILY FOOD INTAKE

In order to set yourself up for success with healthy eating you will need to surround yourself with healthy choices. This guide will help you toss out foods that are not health promoting and give you suggestions on how to replace them with healthier options.

Vegetables and Fruit



Toss Out: over processed, low nutrient content fruits and vegetables (think canned mixed vegetables and canned fruit, fruit juices and fruit cocktails)

Choose: fresh, local or organic produce whenever possible. If buying all organic is not in your budget look at the EWG Shoppers Guide to Pesticides to learn about the "Dirty Dozen"

<https://www.ewg.org/foodnews/> for the most sprayed crops.

Fresh vegetables: onion, garlic, yam, potato, carrot, beet, radish, squash, rutabaga, leafy greens, kale, arugula, Swiss chard, spinach, watercress, tomato, cabbage, lettuce, celery, broccoli and others in season. Eat a rainbow!

Sprouts and microgreens: sunflower sprouts, buckwheat sprouts, alfalfa sprouts, pea shoots etc

Frozen vegetables: kale, spinach, rapini, peas, corn

Tomato sauce and paste (look for cans that are BPA free or in glass jars and do not have sugar in the ingredients)

Fresh fruit in season, as well as some nutrition packed tropical fruit like papaya, pineapple, mango, banana

Frozen berries and other mixed fruits

Lemons and limes

Dried fruit (figs, dates, apricots, apples, currants, raisins, goji berries, coconut, etc. - buy unsulphured and organic if possible)



WHOLE GRAINS PRODUCTS

Toss Out: white flour and whole wheat flour products
Choose: a variety of the whole grain or gluten-free products below.

Note: kamut, spelt, rye, and barley are not gluten free but if you can tolerate gluten these are a much better choice than wheat based products.

Flours (kamut, spelt, rye, oat, gluten free flours: brown rice, teff, quinoa, buckwheat)

Brown rice (long-grain, short-grain, basmati, jasmine, wild, etc.)

Grains in whole form (barley, quinoa, millet, steel cut oats, buckwheat (no relation to wheat), teff, amaranth).

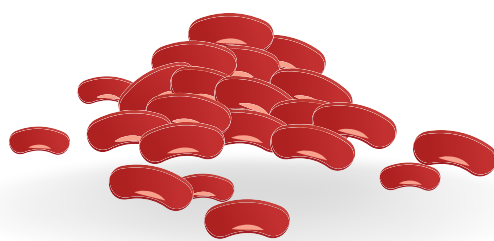
Hot cereals for porridge (oats, quinoa, brown rice, teff make a delicious porridge!)

Whole grain pastas (kamut, spelt, brown rice, buckwheat, quinoa etc.)

Whole grain crackers (avoid trans fats and chemical preservatives)

Breads: look for whole grain, minimally processed or sprouted breads made from the grains mentioned

BEANS AND BEAN PRODUCTS



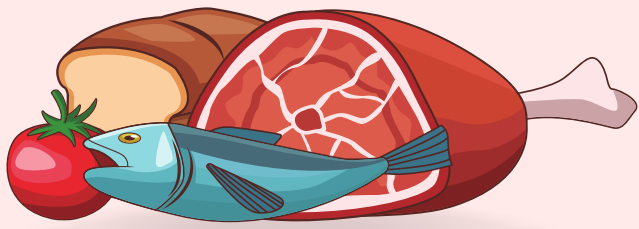
Toss Out: low quality canned beans that contain table salt and preservatives and BPA in the can lining.

Choose: dried peas and beans and cook from scratch whenever possible but for convenience use organic frozen or BPA- free canned beans and peas.

Try some of these: green and yellow split peas, kidney beans, black beans, chick peas, red and green lentils, navy beans, mung beans, adzuki beans, white beans.

When choosing canned beans Eden Organics beans are an excellent choice, they contain sea salt not table salt and has no BPA in the tin's lining, go to **www.edenorganics.com** for over 900 recipe ideas!

When using soy products always choosing organic (almost all non-organic soy is genetically modified). Organic and fermented or sprouted soy products are even better (sprouted - tofu, fermented - tempeh and miso)

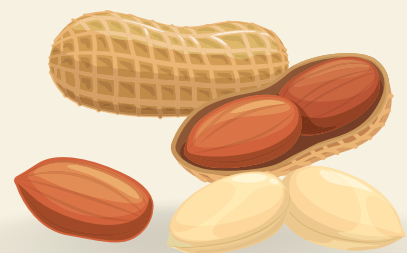


MEAT AND FISH

Toss Out: factory farmed meats, meats raised with antibiotics and hormones, grain fed meats, lunch meats preserved with nitrates, meat products additional processed ingredients, farmed fish and seafood.

Choose: naturally raised and/organic meats (grass fed, antibiotic/hormone free), meat products that are 100% meat with no added ingredients (spices are okay), lunch meats preserved with out nitrates, wild caught fish and seafood.

NUTS, SEED, FATS AND OILS



Toss Out: conventional nut butters made with hydrogenated oils and sugar, roasted nuts and seeds (some are okay just make sure they are dry roasted or roasted in a high quality oil such as coconut oil), highly refined oils such as canola, sunflower, safflower, cottonseed, and peanut, butter made from factory farmed dairy.

Choose: nut and seed butters made without added sugar or hydrogenated fats (they should just have one ingredient on the label i.e almond butter should just contain almonds), raw nuts and seeds, high quality oils listed below

Nuts (raw almonds, cashews, walnuts, pecans, pine nuts, organic peanuts, brazil nuts etc.)

Nut butters (almond, hazelnut, cashew etc.)

Seeds (sunflower, pumpkin, hemp, sesame, hemp, flax and chia (look for sprouted versions)

Tahini (sesame paste)

Extra virgin olive oil (good for low heat cooking)

Coconut oil (good for cooking/baking)

Hemp seed oil (do not cook with this)

Flax oil (do not cook with this)

Organic grass fed butter and ghee (good for cooking/baking)

Other cold-pressed oils - walnut, sesame, avocado, grape seed



DAIRY AND SUBSTITUTES

Toss Out: Traditional dairy products produced from factory farmed dairy, dairy substitutes that are sweetened or contain a lot of processed ingredients and preservatives, factory farmed eggs.

Choose: Organic, grass fed dairy products, dairy substitutes that are unsweetened and have minimal ingredients.

Note: dairy may not be appropriate for everyone. Milk (organic grass fed cow, goat, sheep). Look for un-homogenised milks.

Cheese (organic dairy, raw if possible)

Yogurt and Kefir (organic and unsweetened)

Butter and Ghee (organic, grass fed)

Alternative milks (dairy substitutes): almond, hemp, coconut, soy (Eden Organic only - properly prepare soy for consumption)

Eggs....Organic or farm fresh

HERBS AND SPICES



Toss Out: Highly processed condiments and seasonings that contain white sugar, preservatives, table salt, and low quality oils, spices and seasonings that contain MSG.

Choose: Minimally processed condiments and seasonings with better quality ingredients, use more fresh and dried herbs and spices, vinegars and oils for flavor

Herbs and Spices:

Fresh herbs - parsley, basil, thyme, oregano, tarragon, coriander, sage, etc.

Dried herbs and spices (make sure you buy non-irradiated - Frontier is a good brand): Allspice, Basil, Cayenne, Celery seed, Chili powder, Cinnamon, Cloves, ground Coriander, Cumin, Curry, Dill, Ginger, Nutmeg, Mustard powder, Oregano, Paprika, Parsley, Rosemary, Sage, Tarragon, Thyme, Turmeric etc.



SEASONINGS, CONDIMENTS, MISC.

Seasonings and Condiments

- Tamari or Braggs Liquid Seasoning
- Ketchup made with natural sweeteners
- Mustard made with apple cider vinegar and sea salt
- Bottled salad dressings made with high quality oils and natural sweeteners
- Sauerkraut (raw/unpasteurised)
- Natural mayonnaise (made with high quality oils and without white sugar)

Vinegars: balsamic, apple cider, rice, red wine

Red pepper flakes, chipotle peppers

Celtic sea salt, Himalayan salt, Herbamare
Dulse flakes, kelp or dulse shakers

Nutritional yeast (gives a cheesy flavour without the dairy)

Miscellaneous

Arrowroot powder (to use instead of cornstarch as a thickening agent)

Real vanilla extract (Frontier Organic is a good brand)
Aluminium- free baking soda/powder

SWEETNERS



Toss: white sugar and anything that contains it, anything that contains high fructose corn syrup, artificial sweeteners and anything that contains them (aspartame, Splenda, Nutrasweet, Equal etc.)

Choose: natural sweeteners in limited amounts

Coconut sugar

Maple Syrup

Molasses

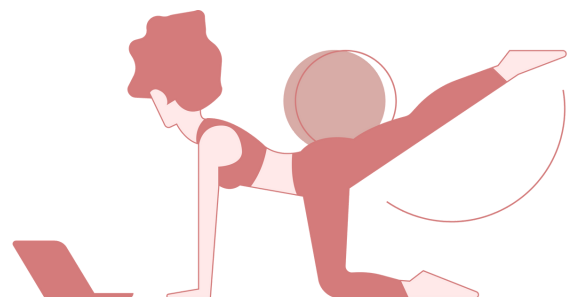
Raw Honey

Sucanat

Barley Malt or Rice syrup

Stevia (will not affect blood sugar)

Xylitol (will not affect blood sugar much)



the BEHAN PROTOCOL
FOR BETTER BACK AND SPINE HEALTH