

# FOOD BABE

ULTIMATE HEALTHY GROCERY GUIDE



PHOTO BY KWAKU ALSTON

SHOPPING LISTS, RECOMMENDATIONS & GUIDELINES



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# Ultimate Healthy Grocery Guide

Welcome to the Food Babe Ultimate Healthy Grocery Guide!

One of the questions I receive the most is, *"How do you help change the food industry and make a difference?"* This guide will help you answer that question as voting with our dollars is one of the most important things we can do to change the industry, teach and encourage those around us and change the world! What you purchase during your trips to the grocery store has a major impact on not only what you feed yourself and your family but also what companies you decide to give your hard earned dollars to. If we support those companies that are watching out for us and have OUR best interests at heart then we can make a change. The companies who don't have our best interests at heart will begin to take notice and start to change their ways.

The grocery store aisles are filled with thousands of different products some of which can be healthy options while others can be straight up landmines. This guide was created to change all of that. I wanted to be able to provide an easy to read and understand, step-by-step guide to help you navigate your way through any grocery store with ease. You will find that we have dissected all of the top grocery store chains in every region of the US. Aisle by aisle we looked through thousands of products to find out just how healthy shopping at big box retailers can be. I must say some of the stores



absolutely surprised me in the best way possible. You will also find my Food Babe pantry list with the top brands that I would recommend as well as how to find easy meals on the go so you don't have to rely on trips to local fast food chains such as McDonald's or Burger King. Taking your health into your own hands can be liberating and rewarding and we want to make that as easy as possible.

We hope you enjoy the Ultimate Healthy Grocery Guide and find it to be a great resource on your path to healthy eating. Cheers to creating lasting change throughout every inch of the food industry!

*Note:* While this guide is here to help you get started, it by no means includes all of the possible ingredients to watch for. Rather it provides a great basis to go on and continue to learn about the best possible choices for yourself and those around you.



# How To Navigate The Aisles

## *Dairy And Egg Aisle*

### THE RIGHT QUESTIONS TO ASK IN THE DAIRY AISLE

|    |                                                                                                  |
|----|--------------------------------------------------------------------------------------------------|
| 1. | Were the cows or chickens fed anything other than grass including grains, meat by-products, etc? |
| 2. | Were they ever given synthetic hormones or antibiotics?                                          |
| 3. | Were the chickens caged or confined?                                                             |

**Top Choice:** Organic Grass Fed (Free of hormones, antibiotics, GMOs, pesticides, synthetic fertilizer and 100% grass fed).

**Runner Up:** Organic (All of the above except not 100 % grass fed, which could mean grain finished).

|               |                                                                                                                                                                                                  |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Yogurt</i> | Make sure to avoid added sugars, thickeners, artificial colors and flavors and those that contain fruit or candy already mixed in. Instead choose a plain flavor and add your own fruit or nuts. |
| <i>Cheese</i> | Avoid anti-caking additives such as cellulose. Choose un-shredded organic and raw cheese or an unpasteurized product if you can find it.                                                         |
| <i>Butter</i> | Avoid sprays and GMO butter alternatives. Choose organic based dairy products.                                                                                                                   |
| <i>Eggs</i>   | Avoid liquid, pre-cooked or powdered eggs. Choose free range, pasture raised and organic. Don't be fooled by "cage free", "vegetarian fed", "all-natural", "farm fresh" or "no added hormones".  |



## Meat/Poultry Aisle:

### THE RIGHT QUESTIONS TO ASK IN THE MEAT/POULTRY AISLE

|    |                                                           |
|----|-----------------------------------------------------------|
| 1. | Were the animals fed anything other than grass?           |
| 2. | Was the meat raised with antibiotics?                     |
| 3. | Was the meat injected with hormones or steroids?          |
| 4. | Were the chickens caged? Was the meat processed humanely? |

**Top Choice:** Organic Grass Fed and Finished. Animal Welfare Approved or Certified Humane. Organic Free Range and Pasture Raised Poultry.

**Runner Up:** Grass Fed and Finished. No added hormones or antibiotics.

## Seafood Aisle:

### THE RIGHT QUESTIONS TO ASK IN THE SEAFOOD AISLE

|    |                                                              |
|----|--------------------------------------------------------------|
| 1. | Was the fish farm raised? If so, what were their conditions? |
| 2. | Is the fish rated high in mercury or other heavy metals?     |
| 3. | Was the fish dyed with any artificial colors?                |
| 4. | Are there any added sugars or refined sweeteners?            |

**Top Choice:** Wild Caught Fish including: Salmon, Trout, Haddock, Mackerel, Oysters, King Crab, Catfish, and Mussels. If using canned tuna look for wild caught, water packed, BPA free, "pole & line" or "troll-caught". Make sure there isn't added salt, soy or vegetable broth.

**Most Polluted Countries for Fish:** China, Indonesia, Vietnam, Thailand, Philippines. Choose locally sourced fish if possible within the US or areas that are not highly polluted.



## *Produce Aisle:*

### THE RIGHT QUESTIONS TO ASK IN THE PRODUCE AISLE

|    |                                                                                                      |
|----|------------------------------------------------------------------------------------------------------|
| 1. | If possible, is the produce from a local source or sourced within the US?                            |
| 2. | Is the produce organic? If not, is the fruit/vegetable part of the Dirty Dozen?*                     |
| 3. | What is the PLU code? If it starts with a 4 it is conventional. If it starts with a 9 it is organic. |

**Top Choice:** Local and Organic, BPA Free can if using canned. If choosing fermented make sure there are not added sugars.

**Runner Up:** Organic when possible.

\*Please refer to the below lists created by the Environmental Working Group for a guide to pesticide use in produce.

#### **\*Dirty Dozen List:**

Apples  
Strawberries  
Grapes  
Celery  
Cherries  
Peaches  
Pears  
Spinach  
Sweet Bell Peppers  
Imported Nectarines  
Cherry Tomatoes  
Potatoes  
Hot Peppers

#### **Clean 15 List:**

Avocado  
Sweet Corn (high probability of containing GMO's)  
Pineapple  
Cabbage  
Frozen Sweet Peas  
Onion  
Asparagus  
Mango  
Papaya (high probability of containing GMO's)  
Kiwi  
Eggplant  
Grapefruit  
Cantaloupe  
Cauliflower  
Sweet Potato

**Healthy Tips:** Always wash your produce before using. This can be done by rinsing with filtered water. Also when you can find local, organic produce remember to buy in bulk and freeze the leftovers for use later in the year when the produce may not be in season.



## Bread/Cereal/Grain Aisle:

### THE RIGHT QUESTIONS TO ASK IN THE BREAD/CEREAL/GRAIN AISLE

|    |                                                                                                                                                                                    |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Does the cereal contain refined grains such as white flour, added refined sugars, artificial flavors and colors or synthetic vitamins? Does the cereal contain dough conditioners? |
| 2. | Does the bread contain refined grains, added sugars, dough conditioners, artificial colors and preservatives, trans fats or MSG?                                                   |

**Top Choice:** Cereals, breads, pasta or grains that are organic and made with sprouted grains. Also look for alternative grains loaded with nutrients such as buckwheat, quinoa, flax or amaranth.

**Runner Up:** Organic and whole wheat or made with ancient grains.

## Condiment Aisle:

### THE RIGHT QUESTIONS TO ASK IN THE CONDIMENT AISLE

|    |                                                                       |
|----|-----------------------------------------------------------------------|
| 1. | Are there any added sugars or artificial colors or flavors?           |
| 2. | Are there hidden sources of MSG?*                                     |
| 3. | Does the product contain thickeners, preservatives or added GMO oils? |

**Top Choice:** Organic when possible, free of refined sugars, flavors, coloring and stored in glass jars.

**Runner Up:** Make your own condiments such as ketchup, mustard, salad dressing, salsa, aioli, jams, nut butters, etc.

*\*Hidden Sources of MSG include:* Glutamic acid (E 620)2, Glutamate (E 620) , Monosodium glutamate (E 621) , Monopotassium glutamate (E 622), Calcium glutamate (E 623), Monoammonium glutamate (E 624), Magnesium glutamate (E 625, Natrium glutamate, Anything “hydrolyzed”, Any “hydrolyzed protein”, Calcium caseinate, Sodium caseinate, Yeast extract, Torula yeast, Yeast food, Yeast nutrient, Autolyzed yeast, Gelatin, Textured protein, Whey protein, Whey protein concentrate, Whey protein isolate, Soy protein, Soy protein concentrate, Soy protein isolate, Anything “protein, Anything “protein fortified”, Soy sauce, Soy sauce extract, Anything “enzyme modified” , Anything containing “enzymes”, Anything “fermented”, Anything containing “protease”, Vetsin, Ajinomoto, Umami Glutamic acid (E 620)



# NAVIGATING THE AISLES

## *Baking Aisle:*

### THE RIGHT QUESTIONS TO ASK IN THE BAKING AISLE

1. Has the item been refined, processed, or bleached in any way or contain aluminum?
2. Have the spices been irradiated or do they contain additives?

**Top Choice Sweeteners:** Coconut Sugar, Raw Honey, Pure Organic Stevia or Grade B Maple Syrup

**Top Choice Flours:** Sprouted Whole Wheat, Coconut, Buckwheat, Almond, Flax or Spelt

**Top Choice Oils:** Cold Pressed Extra Virgin Olive Oil, Coconut Oil, Hemp Oil, Ghee

**Top Choice Spices:** Organic and non-irradiated. Unrefined Himalayan Sea Salt. Choose aluminum free baking powder.

## *Snack Aisle:*

### THE RIGHT QUESTIONS TO ASK IN THE SNACK AISLE

1. Does the snack contain a common GMO ingredient? (For a list of GMO ingredients, visit pg. 14)
2. Does it have artificial colors or natural flavors?
3. Does it have hidden sources of MSG? (Refer to page 9 for hidden sources of MSG)
4. Is it made with refined white flour and added refined sugars?

**Top Choice:** Organic and sprouted. Whole wheat or sprouted wheat versions.

**Runner Up:** Organic (limit intake of processed snacks as much as possible, instead choose fresh veggie sticks, fruits, nuts or seeds).



## *Sweets Aisle:*

### THE RIGHT QUESTIONS TO ASK IN THE SWEETS AISLE

|    |                                                               |
|----|---------------------------------------------------------------|
| 1. | Does it have artificial colors or flavors?                    |
| 2. | Is it made with refined white flour and added refined sugars? |
| 3. | Does it contain natural flavors?                              |

**Top Choice:** Organic and naturally sweetened when possible. If a non-organic product in the U.S. lists sugar as an ingredient then there is a high probability that it comes from genetically modified sugar beets.

**Runner Up:** Organic.

## *Beverage Aisle:*

### THE RIGHT QUESTIONS TO ASK IN THE BEVERAGE AISLE

|    |                                                          |
|----|----------------------------------------------------------|
| 1. | Does it have artificial colors or flavors?               |
| 2. | Is it made with refined sugars or artificial sweeteners? |
| 3. | Does it contain natural flavors?                         |
| 4. | Does it contain juice made from concentrate?             |

**Top Choice Juice:** Organic, Not From Concentrate, No added Sugars, Flavors or Colors.

**Top Choice Coffee/Tea:** Organic and Fair Trade.

**Top Choice Water:** Glass Bottled Spring Water. Avoid flavored waters and flavor packets.

**Top Choice Coconut Water:** Choose Raw (not heated) and Organic.

**Top Choice Nut Milks:** Choose Homemade or Unsweetened Non-GMO. Avoid Carrageenan.

**Top Choice Beer & Wine:** Choose Organic Wine and Local Craft Beer, Additive Free or German Beer.

**Top Choice Liquor:** Choose Organic. If Non-Organic the Best Distilled Choice is Tequila.



# NAVIGATING THE AISLES

## *Cheat Sheet for Reading Meat and Dairy Labels:*

### **ORGANIC**

Organic meat and dairy products provides the guarantee that animals were not fed using animal by-products or given antibiotics or hormones. If an organically raised animal does become sick and is given antibiotics it no longer qualifies for the organic label.

### **GRASS FED vs. 100% GRASS FED or GRASS FED ONLY**

Grassfed means that the animal ate grass for part of its life, but not its whole life. This means the animals could have been given GMO grains, animal by-products or animal protein. If a product lists grass fed only and not organic there are also no guarantees that antibiotics or growth hormones were not used.

100% Grass fed means the animals should have been fed only grass or other non-grain vegetation for their entire life without using grains or animal by-products.

### **FREE-RANGE**

This label tells us that the animals have had access to the outdoors even though they may never actually go outdoors. This label does not indicate if antibiotics were used.

### **NO ANTIBIOTICS ADDED or RAISED WITHOUT ANTIBIOTICS**

This label tells us that the animals have not been fed antibiotics throughout their life. It has no indication on how humanely the animals were raised or what they were fed.

### **ALL-NATURAL**

The USDA states a “natural” animal product as one that does not contain additives, preservatives or colors. This label does not tell us if there have been injections to the meat or if the animals were given antibiotics, hormones or what they were fed.

### **CERTIFIED HUMANE RAISED**

This label tells us that the producer has met the standards of Humane Farm Animal Care. HFAC has free range requirements for the products they verify.

**Note:** In my book *The Food Babe Way*, there is an in-depth section that goes into other labels and what to watch out for!



## *Cheat Sheet for Reading Pantry Item Labels:*

### **ALL-NATURAL**

The FDA does not have a very clear definition for this label so there is room for interpretation by food companies. The label does tell us that the product can't contain added colors, artificial flavors, or synthetic ingredients but it can contain preservatives and GMOs. In some cases food companies can say that certain ingredients come from a natural product such as high fructose corn syrup derived from corn. Don't be duped!

### **FORTIFIED OR ENRICHED**

Both of these terms mean that nutrients have been added back into the product. This is often from over processing in which the product had been stripped of any nutritional value. The key to watch out for is whether the nutrients or vitamins added back into the product are from synthetic sources.

### **MULTIGRAIN/WHOLE GRAIN**

When looking for healthy bread or snacks look for the words whole grain or 100% whole wheat instead. Labels that state "made with whole grains" or multigrain can still contain processed white flour. Whole grains provide more fiber than their over-processed alternatives. It is also important to check for added coloring as you don't want to be duped by the color of the bread or snack item as being natural.

### **NO SUGAR ADDED OR SUGAR FREE**

This label does not account for natural sugar or added ingredients which can break down into sugar. Sugar free products should have less than 0.5 grams per serving. These products can contain sugar alcohols such as mannitol, xylitol, or sorbitol and artificial sweeteners such as aspartame and sucralose which I would suggest avoiding.

### **FAT FREE OR LOW FAT**

This label is very misleading as these products can contain just as many calories as their original versions. These products typically have more sugar along with added fillers and thickeners to replace the fat that was removed. This label also does not tell us about the quality of the ingredients or what was added to maintain the flavor.

### **MADE WITH REAL FRUIT**

This label claims to be made with real fruit but often products contain very little or no fruit at all. While food companies list the amount of nutrients the products contains, the percentage of actual fruit doesn't have to be listed.

### **ZERO TRANS FAT**

This statement doesn't always mean there are no trans fats in the product. Even if the label states "zero trans fats" one serving could still contain up to 0.5 grams by law. Small amounts of these fats can add up quickly. Food companies will add trans fats to products to increase the flavor and shelf life. This is why chips, sweets and other products can stay on the grocery store shelves for years. The best way to avoid trans fats is to read the ingredient list. Watch out for anything that lists "partially hydrogenated" fats or shortening.



# NAVIGATING THE AISLES

## GMO Ingredients A-Z

If a non-organic packaged good has one of these ingredients listed below it could be GMO or genetically engineered. Look for Non-GMO Project certified products and ingredients that are listed as 100% organic on labels to avoid all GMOs in your diet.

|                     |                              |                      |                            |               |
|---------------------|------------------------------|----------------------|----------------------------|---------------|
| Aspartame           | Diacetyl                     | Invert Sugar         | Oleic Acid                 | Threonine     |
| Baking Powder       | Diglyceride                  | Isoflavones          | Phenylalanine              | Tocopherols   |
| Canola Oil          | Erythritol                   | Lactic Acid          | Phytic Acid                | Tofu          |
| Caramel Color       | Equal                        | Lecithin             | Protein Isolate            | Trehalose     |
| Cellulose           | Food Starch                  | Leucine              | Shoyu                      | Triglyceride  |
| Citric Acid         | Fructose                     | Lysine               | Sorbitol                   | Vegetable Fat |
| Cobalamin (Vit B12) | Glucose                      | Malitol              | Soy Flour                  | Vegetable Oil |
| Colorose            | Glutamate                    | Malt                 | Soy Isolates               | Vitamin B12   |
| Condensed Milk      | Glutamic Acid                | Malt Syrup           | Soy Lecithin               | Vitamin E     |
| Confectioners Sugar | Glycerides                   | Malt Extract         | Soy Milk                   | Whey          |
| Corn Flour          | Glycerin                     | Maltodextrin         | Soy Oil                    | Whey Powder   |
| Corn Masa           | Glycerol                     | Maltose              | Soy Protein                | Xanthan Gum   |
| Corn Oil            | Glycerol Monooleate          | Mannitol             | Soy Protein Isolate        |               |
| Corn Sugar          | Glycine                      | Methylcellulose      | Soy Sauce                  |               |
| Corn Syrup          | Hemicellulose                | Milk Powder          | Starch                     |               |
| Cornstarch          | High Fructose Corn Syrup     | Milo Starch          | Stearic Acid               |               |
| Cottonseed Oil      | Hydrogenated Starch          | Modified Food Starch | Sugar                      |               |
| Cyclodextrin        | Hydrolyzed Vegetable Protein | Modified Starch      | Tamari                     |               |
| Cystein             | Inositol                     | Mono & Diglycerides  | Tempeh                     |               |
| Dextrin             | Inverse Syrup                | Monosodium Glutamate | Teriyaki Marinades         |               |
| Dextrose            | Inversol                     | Nutrasweet           | Textured Vegetable Protein |               |



# Top 5 Weight Loss Foods and Shopping Strategies

## *Top 5 Weight Loss Shopping Strategies*

1. A calorie is not a calorie and are not created equal. You will find some calories are extremely addicting or fattening while some help to heal the body and increase metabolism. Every food you eat provides the body with information that will dictate how that calorie is used, whether it will be beneficial or harmful. Choose your calories wisely to promote a healthy body and the desired weight loss.
2. Shop on the perimeter of the store. This strategy is used to promote the increase of fresh produce and decrease the consumption of over processed foods. There are some exceptions to this rule including spices, beans, etc. The key is to increase your intake of REAL foods.
3. Don't purchase or bring junk food into the house and you won't be tempted to eat it.
4. Drink plenty of fluids including purified water, tea, green juice and coconut water. Try to drink at least eight 8 ounce glasses of water each day.
5. Keep busy and moving whether it be walking, yoga or a style of exercise that works for you.

## *Top 5 Weight Loss Foods*

1. **Dandelion Tea** - This is a great drink to use in place of high calorie beverages such as juice or soda. Dandelion tea can be used to reduce water weight before a big day or event and keep your stomach feeling flat!
2. **Leafy Greens** - Dark, leafy greens are very nutrient dense and full of antioxidants that are beneficial to weight loss.
3. **Organic Nuts and Seeds** - Good healthy fats keep you satisfied so you don't overindulge in sweets or other fattening foods.
4. **Coconut Oil** - Coconut oil is filled with medium chain saturated fatty acids that boost metabolism and don't end up stored as fat as easily as long chain fatty acids.
5. **Organic Beans** - Beans are a great source of protein, fiber and water content. The fiber and water content will help you feel full faster which will help to cut down on the amount of food needed.



# The Food Babe Pantry List

## *Basics:*

- ☐ Dried Herbs and Spices: Simply Organic, Frontier, Morton & Bassett
- ☐ Himalayan Sea Salt
- ☐ Ground Pepper: Epicurean Organics, McCormick Organic
- ☐ Cold Pressed Extra Virgin Olive Oil: Papa Vince, Kasandrino's Extra Virgin Olive Oil
- ☐ Coconut Oil: Nutiva
- ☐ Hemp Oil: Nutiva
- ☐ Sesame Oil: Eden Foods
- ☐ Avocado Oil: Chosen Foods
- ☐ Apple Cider Vinegar: Braggs, Eden
- ☐ Red Wine Vinegar: Eden, 365 Brand Organic
- ☐ Balsamic Vinegar: Napa Valley Naturals
- ☐ Organic Rice Vinegar: Eden

## *Baking:*

- ☐ Whole Wheat Flour
- ☐ Spelt Flour
- ☐ Nut Flours
- ☐ Coconut Flour: Nutiva
- ☐ Oat Flour
- ☐ Baking Soda
- ☐ Aluminum Free Baking Powder
- ☐ Cocoa Powder: Navitas Naturals Raw Cacao Powder
- ☐ Chocolate Chips: 70% or higher dark chocolate chips
- ☐ Unsweetened Coconut Flakes
- ☐ Extracts: Simply Organic

## *Sweeteners:*

- ☐ Coconut Sugar: Nutiva



### *Sweeteners Continued:*

- ☐ Date Sugar
- ☐ Maple Syrup: Maple Valley Grade B
- ☐ Raw Honey: Local
- ☐ Stevia Extract: Organic Sweet Leaf

### *Drinks:*

Coffee: Larry's Beans

- ☐ Tea: Numi, Traditional Medicinals
- ☐ Coconut Water: Harmless Harvest, INVO Coconut Water
- ☐ Juice: Matt's Organic, Lakewood Organic, Blue Print Cleanse
- ☐ Other: GT's Kombucha, Synergy
- ☐ Organic Wine: Frey Wineries, Robert Sinsky
- ☐ Bottled Water: Mountain Valley
- ☐

### *Pasta/Grains:*

Brown Rice: TruRoots Sprouted

- ☐ Red Himalayan Rice
- ☐ Grains: Farro, Buckwheat, Spelt, Amaranth, Millet
- ☐ Quinoa: TruRoots Sprouted, Quinoa Flakes
- ☐ Pasta: Ezekiel, Organic Planet, Vita Spelt, Jovial Einkorn, Eden Kamut Quinoa, Tolerant Lentil Pasta
- ☐ Buckwheat Noodles: Organic Planet
- ☐

### *Breads:*

Buckwheat Groats

- ☐ Steel Cut Oats
- ☐ Rolled Oats
- ☐ English Muffins: Ezekiel Cinnamon Raisin
- ☐ Sandwich Bread: Ezekiel, Dave's Killer Bread Spelt, Manna Sunseed or Banana Walnut Hemp
- ☐ Gluten Free Breads: Happy Camper Buckwheat, Food For Life Rice Almond or Black Rice, Nature's Path Super Chia, Ancient Grains Bakery Millet Toaster Cakes, Canyon Bakery Deli Rye
- ☐ Tortillas: Ezekiel Sprouted Grain or Sprouted Corn



### *Breakfast/Cereals:*

- ☐ Granola: Kaia Foods Raw Buckwheat, Purely Elizabeth, Columbia County
- ☐ Cereal: Two Moms in the Raw, Ezekiel, Nature's Path Qi'a
- ☐ Waffles: Nature's Path Hemp Waffles
- ☐ Protein Powder: Nutiva Hemp, Tera's Organic Whey

### *Snacks:*

- ☐ Pretzels: Unique Splits Sprouted, Mary's Gone Sticks and Twigs
- ☐ Chips: Late July Summer Blues, Trader Joe's Organic, Jackson's Honest
- ☐ Popcorn: Trader Joe's Organic with Olive Oil, 479 Popcorn
- ☐ Crackers: Mary's Gone Onion & Plain, Doctor Kracker, Suzie's Thin Cakes – Flax & Spelt. Brad's Raw Chips & Crackers, Simple Mills Almond Crackers, Sesmark Organic Rice Thins, Columbia County
- ☐ Granola Bars: Raw Crunch Bars, Simple Squares Organic Bars

### *Sweets:*

- ☐ Ice Cream: Three Twins Vanilla, Coconut Bliss Ginger Cookie or Cherry Amaretto
- ☐ Chocolate: Alter Eco Quinoa, Gnosis, Nibmor, Pacari
- ☐ Cookies: Go Raw Coconut Cookies
- ☐ Candy: Panda Licorice, Surfer Sweets, Yummy Earth, Vermint
- ☐ Cocomels
- ☐ Righteously Raw Bars
- ☐ Kur Organic Bite Size Bars
- ☐ Erewhon Brown Rice Cereal
- ☐ Luna's Living Kitchen Monkey Bites
- ☐ Nutiva O Coconuts

### *Nuts/Seeds/Dried Fruit:*

- ☐ Almonds, Cashews, Walnuts, Pistachios, Brazil Nuts, Pecans
- ☐ Currants, Figs, Prunes, Dates, Goji Berries, Golden Berries, Himalayan Raisins
- ☐ Chia Seeds, Flax Seeds, Hemp Seeds, Sesame Seeds, Sunflower Seeds, Pumpkin Seeds



## *Condiments/Staples:*

- ☐ Beans: Eden Foods
- ☐ Lentils: TruRoots Sprouted
- ☐ Ketchup: Rejuvenative Raw
- ☐ Mustard: Eden
- ☐ Low Sodium Tamari: San J
- ☐ Ponzu/Miran: Eden Foods
- ☐ Pickles: Bubbies
- ☐ Low Sodium Vegetable Broth: Pacific Organic
- ☐ Low Sodium Bone Broth: Pacific Organic
- ☐ Tomato Sauce: Eden Foods, Jovial, BioNaturae, Good Boy Organics, Yellow Barn Biodynamic
- ☐ Almond Butter: MaraNatha, Artisana, Once Again, JEM
- ☐ Coconut Butter or Coconut Manna: Nutiva or Artisana
- ☐ Tahini: Artisana
- ☐ Salsa
- ☐ Roasted Red Peppers
- ☐ Tuna: Vital Choice, American
- ☐ Mayo/Aioli: Primal Kitchen
- ☐ Jam/Jelly: No added sugar - all fruit
- ☐ Kimchi: Rejuvenative, Zuke
- ☐ Sauerkraut: Farmhouse Culture
- ☐ Miso: Miso Masters Organic
- ☐ Tempeh: Lite Life Organic
- ☐ Ponzu Sauce: Eden Farm
- ☐ Mirin: Eden Farm



### ***Dairy/Eggs:***

- ☐ Grass Fed Organic Milk: Organic Valley Grassmilk, Traderspoint
- ☐ Almond Milk: Tree of Life, 365 Brand Whole Foods, Trader Joe's (cold section)
- ☐ Coconut Milk: Natural Value
- ☐ Soy Milks: 365 Brand by Whole Foods
- ☐ Yogurt: Maple Hill Creamery, Traderspoint, Organic Valley, Nancy's, Kalona, Wallaby Organic
- ☐ Butter: Organic Valley, Kerry Gold
- ☐ Ghee: Pure Indian Foods, Purity Farms, Ancient Organics, Kerry Gold
- ☐ Goat Cheese
- ☐ Cheese: Organic and raw
- ☐ Eggs: Vital Farms, Local
- ☐ Cream Cheese: Nancy's Organic
- ☐ Ricotta Cheese
- ☐ Cottage Cheese: Traderspoint, Nancy's Organic
- ☐ Sour Cream: Green Valley, Kalona, Nancy's Organic

### ***Fresh Produce:***

- ☐ Choose Organic (see list on page 8 for the dirty dozen), Avocados, Kale, Spinach, Asparagus, Mushrooms, Bok Choy, Brussel Sprouts, Broccoli, Beets, Cabbage, Carrots, Cauliflower, Collards, Cucumber, Celery, Onions, Sea Vegetables, Tomatoes, Swiss Chard, Turnip Greens, Leeks, Lemon, Sweet Potato, Romaine Lettuce, Berries, Lime, Arugula, Dandelion Greens, Bell Peppers, Watercress

### ***Freezer:***

- ☐ Fruits/Berries: Organic Mango, Strawberries, Blueberries, Mixed Berries, Acai, Pineapple
- ☐ Frozen Vegetables: Tree of Life Brand
- ☐ Prepared Meals: Hilary's Eat Well Burgers, Sunshine Burgers

### ***Meats/Poultry:***

- ☐ Grass Fed Organic Beef
- ☐ Organic Free Range Chicken
- ☐ Organic Turkey
- ☐ Bacon: Applegate Farms Organic



# DISSECTING THE STORES

## Dissecting The Top Grocery Stores In The US

The next pages contain several major grocery store chains in the United States listed by alphabetical order. We have searched high and low through each of these stores for the best products to buy. While some of the products listed under each store may be organic they may be brands that don't support GMO labeling efforts. We recommend using the apps listed on page 39 to determine which products do not support the labeling of GMOs. Below is also a list of companies who are against GMO labeling.

*List of companies who were against GMO labeling laws and are known for using GMO ingredients:*

|                          |                             |                          |                                |                                     |
|--------------------------|-----------------------------|--------------------------|--------------------------------|-------------------------------------|
| Abbott Nutrition         | Conagra Foods               | Hershey Company          | Mccain Foods USA               | Reily Foods Company                 |
| B&G Foods                | Dean Foods Co               | Hillshire Brands Company | McCormick & Company            | Rich Products Corporation           |
| Bimbo Bakeries Inc       | Del Monte Foods Company     | Hirzel Canning Company   | Mead Johnson Nutrition Company | Richelieu Foods                     |
| Bruce Foods Corporation  | Dole Packaged Foods Company | Hormel Foods Corporation | Michael Foods                  | Sara Lee Corporation                |
| Bumble Bee Foods         | El Dupont De Nemours & Co   | House-Autry Mills        | Mondelez                       | Sargento Foods                      |
| Bush Brothers & Company  | Faribault Food              | Idahoan Foods            | Moody Dunbar                   | Shearers Foods                      |
| C H Guenther & Son       | Flowers Foods               | Inventure Foods Dressing | Morton Salt                    | Snyder's-Lance                      |
| Campbell Soup Company    | General Mills               | Kellogg Company          | Nestle                         | Sunny Delight                       |
| Cargill                  | Godiva Chocolatier          | Knouse Foods Cooperative | Ocean Spray Cranberries        | The J M Smucker Co                  |
| Clement Pappas & Company | Goya                        | Kraft                    | Pepsico                        | Tree Top                            |
| Clorox                   | HJ Heinz Company            | Land O'lakes             | Pinnacle Foods Group           | Unilever                            |
| Coca-Cola                | Hero North America          | Mars                     | Post Foods                     | Welch Foods & Wm Wrigley Jr Company |



#### ***Dairy:***

- ☐ Wild Harvest Organic Milk
- ☐ Wild Harvest Organic Butter
- ☐ Wild Harvest Organic Eggs
- ☐ Nancy's Plain Yogurt

#### ***Meats/Poultry/Seafood:***

- ☐ Organic Prairie Whole Turkey (frozen)

#### ***Produce: (Fresh and Frozen)***

- ☐ Fresh Organic Produce: Lettuce, Parsley, Cucumbers, Radishes, Carrots, Wheat Grass, Green Beans, Cauliflower, Broccoli, Squash, Zucchini, Leeks, Chard, Beets, Fennel, Tomatoes, Bananas, Grapefruit, Apples, Raspberries

#### ***Bread/Cereal/Grains:***

- ☐ Nature's Earthly Choice Organic Quinoa
- ☐ Wild Harvest Organic Dried Beans and Rice
- ☐ Dave's Killer Bread
- ☐ Eureka Baking Co. Bread
- ☐ Ezekiel Bread (in the freezer section)
- ☐ Essential Baking Company Bread
- ☐ Nature's Path Organic Oatmeal
- ☐ Better Oats Organic Oatmeal
- ☐ Ancient Harvest Quinoa & Pasta
- ☐ Tinkyada Organic Brown Rice Pasta
- ☐ Explore Asian Black Bean Spaghetti
- ☐ Foxy Quinoa

#### ***Condiments:***

- ☐ Monari Federzoni Organic Balsamic Vinegar
- ☐ Bragg Raw Apple Cider Vinegar
- ☐ San-J Organic Tamari
- ☐ Filippo Berio Organic Extra Virgin Olive Oil
- ☐ Pompeian Organic Extra Virgin Olive Oil
- ☐ Coombs Family Farms Maple Syrup Grade B
- ☐ MaraNatha Organic Almond Butter
- ☐ YS Organic Bee Farms Raw Honey
- ☐ Wild Harvest Organic Soups (canned)
- ☐ Wild Harvest Organic Chicken Broth
- ☐ Wild Harvest Organic Salad Dressings
- ☐ Wild Harvest Organic Salsa

#### ***Baking:***

- ☐ Foxy Flaxseeds (produce section)
- ☐ Nutiva Coconut Oil
- ☐ Wild Harvest Organic Spices

#### ***Beverages:***

- ☐ Evolution Fresh Organic Juice
- ☐ Traditional Medicinals Tea

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



### ***Dairy:***

- ☐ Simply Nature Organic Milk
- ☐ Imported Cheese from Italy
- ☐ Kerrygold Cheese

### ***Produce: (Fresh and Frozen)***

- ☐ Various Fresh Produce – Bananas, Tomatoes, Apples
- ☐ Simply Nature Organic Baby Kale
- ☐ Simply Nature Organic Frozen Fruit

### ***Bread/Cereal/Grains:***

- ☐ Millville 100% Whole Grain Oats
- ☐ Priano Pasta imported from Italy (not whole wheat)
- ☐ Simply Nature Organic Pasta
- ☐ Simply Nature Brown Rice
- ☐ Simply Nature Flaxseed
- ☐ Simply Nature Chia Seeds
- ☐ Simply Nature Organic Oatmeal
- ☐ Simply Nature Flax Cereal

### ***Condiments/Canned:***

- ☐ Simply Nature Organic Salsa
- ☐ Simply Nature Organic Wildflower Honey
- ☐ Simply Organic Vinaigrette
- ☐ Carlini 100% Cold Pressed Extra Virgin Olive Oil
- ☐ Simply Nature Coconut Oil
- ☐ Simply Nature Extra Virgin Olive oil
- ☐ Deutsche Küche Sauerkraut
- ☐ Simply Nature Organic Canned Tomatoes
- ☐ Simply Nature Organic Soups
- ☐ Simply Nature Organic Marinara
- ☐ Simply Nature Organic Spices

### ***Snacks/Sweets:***

- ☐ Simply Nature Organic Popcorn
- ☐ Simply Nature Organic Sweet Potato Corn Chips
- ☐ Simply Nature Sweet Potato Chips

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



### *Dairy:*

- ☐ Horizon Organic Milk

### *Meats/Poultry/Seafood:*

- ☐ Applegate Farms Organic Bacon
- ☐ Pete & Gerry's Cage Free Organic Eggs
- ☐ Harvestland Organic Chicken
- ☐ Horizon Organic Milk
- ☐ Earth's Pride Organic Milk
- ☐ Earth's Pride Organic Butter
- ☐ Kerrygold Butter
- ☐ Harvestland Organic Turkey Sausage
- ☐ Great Range Ground Bison
- ☐ Nature's Source Ground Beef

### *Produce: (Fresh and Frozen)*

- ☐ Earth's Pride Organic Frozen Veggies
- ☐ Fresh Express Organic Fresh Greens
- ☐ Earth's Pride Organic Frozen Fruit

### *Bread/Cereal/Grains:*

- ☐ Lundberg Organic Rice
- ☐ Kings Basmati Rice
- ☐ Earth's Pride Organics Quinoa
- ☐ Flax USA Golden Flax Seeds
- ☐ Betterbody Organic Coconut Flour or Chia Seeds

### *Condiments:*

- ☐ Amy's Organic Soups
- ☐ Earth's Pride Organic Chicken Broth
- ☐ Muir Glen Organic Canned Tomatoes
- ☐ Barney Butter Almond Butter
- ☐ Earth's Pride Organic Peanut Butter
- ☐ Chosen Foods Avocado Oil
- ☐ Rozzano Organic Extra Virgin Olive Oil
- ☐ Betterbody Organic Coconut Oil

### *Beverages:*

- ☐ San Francisco Bay Gourmet 100% Organic Coffee
- ☐ Earth's Pride Organic Coffee

### *Baking:*

- ☐ Olde Thompson Organic Spices
- ☐ Earth's Pride Sea Salt and Organic Seasoning Blends
- ☐ Betterbody Organic Coconut Palm Sugar

### *Snacks/Sweets:*

- ☐ Whole Plain Nuts
- ☐ Second Nature Naked Medley (almonds, cashews and raisins)
- ☐ RW Garcia Organic Tortilla Chips

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



# DISSECTING THE STORES



## *Dairy:*

- ☐ Italian Imported Cheeses
- ☐ Kerrygold Butter

## *Meats/Poultry/Seafood:*

- ☐ High Plains Ground Bison
- ☐ Kirkland Organic Ground Beef
- ☐ Coleman Organic Chicken (whole, breast, legs/drumstick)
- ☐ Wild Caught Snapper, Halibut, Ahi Tuna
- ☐ Green Chopsticks Organic Chicken Dumplings

## *Produce: (Fresh and Frozen)*

- ☐ Select Organic Produce: Avocado, Lemon, Garlic, Onion
- ☐ Okami Organic Edamame
- ☐ Organic Fresh Greens including Spinach, Spring Mix & Kale
- ☐ Wyman's of Maine Organic Blueberries
- ☐ Organic Cherries, Strawberries and Mixed Berries Frozen Fruits
- ☐ Sambazon Organic Acai Packets
- ☐ Path of Life Organic Quinoa and Kale Mix
- ☐ Organic Assorted Frozen Veggies

## *Condiments:*

- ☐ Nature Nate's 100% Pure Raw Honey
- ☐ Walls Berry Farm Organic Fruit Spread
- ☐ Brad's Organic Almond Butter
- ☐ Organic Salsa
- ☐ Carrington Farms Coconut Oil, Kirkland Organic Olive Oil
- ☐ Kirkland Organic Tomato Sauce, Paste or Diced Tomatoes, Chicken Stock
- ☐ Amy's Organic Soups

## *Baking:*

- ☐ Organic Seasonings

## *Bread/Cereal/Grains:*

- ☐ Udi's Fresh Bread
- ☐ Dave's Killer Bread
- ☐ Arnold Organic 100% Whole Wheat Bread
- ☐ Alpine Valley Organic Multi Grain Bread
- ☐ Monterey Gourmet Food Organic Spinach Ravioli
- ☐ Dr. Praeger's Organic Harvest Veggie Burgers
- ☐ Flax USA Organic Golden Flaxseed
- ☐ Manitoba Harvest Hemp Seeds
- ☐ Explore Asian Organic Black Bean Spaghetti
- ☐ Della Organic Brown Rice
- ☐ Village Harvest Black Rice or Freekeh
- ☐ Pedon Organic Farro
- ☐ Carrington Farms Organic Chia Seeds
- ☐ Organic Tofu
- ☐ TruRoots Quinoa
- ☐ Nature's Earthly Choice Lentil Trio

## *Snacks/Sweets:*

- ☐ Medjool Dates
- ☐ Kirkland Kettle Chips
- ☐ Mary's Gone Crackers
- ☐ Bare Apple Chips
- ☐ Late July Chips
- ☐ Made in Nature Dried Fruit Blend and Figs
- ☐ New York Style Organic Pita Chips
- ☐ Boulder Canyon Organic Kettle Potato Chips
- ☐ Richland Organics Trail Mix

## *Beverages:*

- ☐ Bolthouse 100% Organic Carrot Juice
- ☐ Sambazon Organic Superfood Juice and Acai Original
- ☐ Mayorga Organic Coffee



#### *Dairy:*

- ☐ Organic Valley Grassmilk Milk
- ☐ Maple Hill Creamery Yogurt
- ☐ Kalona Organic Sour Cream
- ☐ Organic Valley Sour Cream, Cream Cheese or Cottage Cheese
- ☐ Nancy's Yogurt or Cottage Cheese
- ☐ Kerrygold Butter
- ☐ Organic Valley Raw Cheese
- ☐ Organic Valley Butter
- ☐ Organic Valley Eggs
- ☐ Vital Farms Eggs

#### *Meats/Poultry/Seafood:*

- ☐ Bilinski's Organic Chicken Sausage
- ☐ Select Wild Caught Fish
- ☐ Earth Fare Brand Organic Chicken
- ☐ Nature's Rancher Organic Turkey
- ☐ Applegate Farms Organic Bacon

#### *Produce: (Fresh and Frozen)*

- ☐ Organic Select Frozen Fruit and Veggies
- ☐ Organic Fresh Fruits and Veggies
- ☐ Organic Sprouts or Microgreens

#### *Bread/Cereal/Grains:*

- ☐ Ezekiel Flax or Sesame Bread
- ☐ Ezekiel English Muffins
- ☐ Dave's Killer Bread

#### *Bread/Cereal/Grains Continued:*

- ☐ Ezekiel Sprouted Grain Tortillas
- ☐ Food For Life Select Bread
- ☐ Explore Asian Bean Pastas
- ☐ Earth Fare Brand Organic Pasta
- ☐ Tolerant Lentil Pasta
- ☐ Ezekiel Pasta
- ☐ Bionaturae Pasta
- ☐ Alter Eco Rice or Quinoa
- ☐ Lundberg Organic Pasta
- ☐ Living Intentions Superfood Cereal
- ☐ TruRoots Sprouted Lentils & Pasta
- ☐ Eden Quinoa or Soba Noodles
- ☐ Erewhon Supergrain Organic Cereal
- ☐ Good n Raw Granola
- ☐ Ancient Harvest Quinoa Pasta
- ☐ Bionaturae Organic Spaghetti
- ☐ Lundberg Organic Brown Rice Pasta
- ☐ Purely Elizabeth Granola & Oatmeal
- ☐ Alpine Valley Organic Bread
- ☐ Ezekiel Sprouted Grain Cereal
- ☐ Nature's Path Qi'a Cereal
- ☐ Bob's Red Mill Oats
- ☐ Country Choice Steel Cut Oats
- ☐ Nature's Path Hemp Waffles
- ☐ Sunshine Veggie Burger
- ☐ Rising Moon Organic Ravioli or Frozen Meals
- ☐ Hilary's Eat Well Veggie Burgers
- ☐ Delallo Organic Pasta
- ☐ Tinkyada Organic Pasta
- ☐ Jovial Organic Pasta

#### *Condiments:*

- ☐ Bean Good Tomato Sauce
- ☐ Earth Fare Organic Tomato Sauce
- ☐ Organicville Tomato Sauce
- ☐ Eden Organic Tomato Sauce
- ☐ Mediterranean Sundried Tomatoes
- ☐ Jovial Whole or Crushed Tomatoes
- ☐ Eden or Bionaturae Diced Tomatoes
- ☐ Coconut Aminos
- ☐ Artisana Raw Almond, Walnut or Pecan Butter
- ☐ Eden or Organicville Mustard
- ☐ Annie's Organic Ketchup
- ☐ Artisana Organic Coconut Oil
- ☐ Earth Fare Organic Coconut Oil
- ☐ Organicville Marinades
- ☐ Hilary's Eat Well Salad Dressing
- ☐ Organic India Ghee
- ☐ Dr. Bronner's Coconut Oil
- ☐ Nutiva Coconut Oil
- ☐ Natural Sea Wild Caught Tuna
- ☐ Eden Red Wine Vinegar
- ☐ Napa Valley Naturals Organic Vinegars
- ☐ Earth Fare Brand Organic Salsa
- ☐ Nutiva Buttery Spread
- ☐ Crofter's Organic Superfood Spread
- ☐ Once Again Organic Tahini
- ☐ Bubbie's Pickles
- ☐ Farmhouse Culture Sauerkraut
- ☐ Annie's Organic Mac n Cheese

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



# DISSECTING THE STORES



## *Condiments Continued:*

- ☐ Pacific Organic Bone Broth, Vegetable Broth or Organic Stock
- ☐ Epic Homestyle Broth
- ☐ Amy's Organic Soups or Chili
- ☐ FIG Food Co Organic Soups
- ☐ Select Pacific Organic Soups
- ☐ Earth Fare Brand Organic Beans
- ☐ Eden Organic Beans
- ☐ Westbrae Natural Lentils
- ☐ Spectrum Organic Mayo
- ☐ Organic Divina Olives
- ☐ Thai Kitchen Curry Paste
- ☐ San J Low Sodium Tamari
- ☐ Native Forest Organic Fruit
- ☐ Primal Kitchen Mayo

## *Baking:*

- ☐ Organic Sweet Leaf Stevia
- ☐ Madhava Sprouted Brownie and Cookie Mix or Coconut Sugar
- ☐ Arrowhead Mills Organic Flour
- ☐ Bob's Red Mill Flour
- ☐ Earth Fare Brand Organic Spices
- ☐ Simply Organic Spices
- ☐ Raw Honey
- ☐ Maple Syrup Grade B
- ☐ Wholesome Sweeteners Organic Coconut Sugar, Let's Do It Coconut Sugar
- ☐ Sunspire Chocolate Chips, Theo Cacao Nibs

## *Snacks/Sweets:*

- ☐ Mary's Gone Crackers
- ☐ Doctor Kracker Crackers
- ☐ Annie's Organic Cheddar Snack Mix
- ☐ Suzie's Thin Cakes or Saltines
- ☐ Late July Chips
- ☐ Mary's Gone Crackers
- ☐ Theo's Chocolate
- ☐ Alter Eco Chocolate
- ☐ Equal Exchange Chocolate
- ☐ Made in Nature Dried Fruit Chips
- ☐ Garden of Eatin Tortilla Chips
- ☐ Que Pasa Organic Tortilla Chips
- ☐ Brad's Raw Chips
- ☐ Laughing Giraffe Snackaroons
- ☐ Go Raw Cookies
- ☐ Mary's Gone Organic Pretzels
- ☐ Arrowhead Mills Organic Popcorn
- ☐ Sesmark Organic Rice Thins
- ☐ Simple Mills Almond Crackers
- ☐ Jackson's Honest Chips
- ☐ Lundberg Organic Rice Cakes
- ☐ Three Twins Ice Cream
- ☐ Coconut Bliss Ice Cream
- ☐ Sunfood Goji Berries or Golden Berries
- ☐ Navitas Power Snacks
- ☐ Uli Mana Cacao Nib Truffles

## *Beverages:*

- ☐ Uncle Matt's Organic Orange Juice
- ☐ Lakewood Organic Juice
- ☐ GT Kombucha
- ☐ Harmless Harvest Coconut Water
- ☐ Sambazon Acai
- ☐ Suja Cold Pressed Juice
- ☐ Traditional Medicinals Tea Numi Tea
- ☐ Organic India Tea
- ☐ Mountain Valley Water
- ☐ Bragg's Apple Cider Vinegar Drink

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



### *Dairy:*

- ☐ Select Italian Imported Cheeses
- ☐ Stoneyfield Grass Fed Organic Yogurt
- ☐ HT Organic Eggs
- ☐ The Country Hen Eggs
- ☐ Kerrygold Butter
- ☐ Organic Valley Milk/Cheese
- ☐ Simple Truth Organic Milk/Butter

### *Meats/Poultry/Seafood:*

- ☐ Bilinski's Organic Chicken Sausage
- ☐ Select Wild Caught Fish
- ☐ Ground Bison (Carolina Bison)
- ☐ Smart Chicken Organic
- ☐ Wild Planet Tuna
- ☐ Wild Selections Tuna

### *Produce: (Fresh and Frozen)*

- ☐ Organic Assorted Frozen Fruit
- ☐ HT Traders Organic Assorted Frozen Veggies

### *Bread/Cereal/Grains:*

- ☐ Ezekiel Flax or Sesame Bread (frozen section)
- ☐ Select Udi's Bread
- ☐ Ezekiel Sprouted Grain English Muffins
- ☐ Suzie's Quinoa
- ☐ Bob's Red Mill Millet, Chia Seed or Teff
- ☐ Bob's Red Mill Buckwheat Groats
- ☐ TruRoots Sprouted Lentils
- ☐ Bob's Red Mill Oats
- ☐ Dave's Killer Bread

### *Bread/Cereal/Grains Continued:*

- ☐ Planet Rice Sprouted Brown Rice
- ☐ Earthly Choice Hemp Seeds
- ☐ Lundberg Wild Rice
- ☐ Nature's Path Waffles
- ☐ LaBrea Whole Wheat Organic Bread
- ☐ Eureka Organic Whole Wheat Bread
- ☐ Ancient Harvest Quinoa Pasta
- ☐ Bionaturae Organic Spaghetti
- ☐ Lundberg Organic Brown Rice Pasta

### *Condiments:*

- ☐ Nutiva Coconut Oil
- ☐ Cedar's Organic Hummus
- ☐ Justin's Almond Butter
- ☐ HT Organic Preserves (added sugar)
- ☐ Eden Arame
- ☐ Amy's Organic Soups
- ☐ HT Organic Tomato Sauce
- ☐ Organicville Salsa
- ☐ Thai Kitchen Curry Paste
- ☐ San J Low Sodium Tamari
- ☐ HT Organic Dried Beans
- ☐ Bob's Red Mill Dried Soup Mix
- ☐ HT Organic Canned Beans
- ☐ Annie's Organic Mac n Cheese
- ☐ HT Organic Canned Tomatoes
- ☐ Muir Glen Organic Tomatoes
- ☐ Spectrum Organic Mayo
- ☐ HT Organic Ketchup
- ☐ Annie's or Organicville Ketchup
- ☐ Dave's Gourmet Organic Tomato Sauce

### *Baking:*

- ☐ Organic Sweet Leaf Stevia
- ☐ Madhava Sprouted Brownie and Cookie Mix
- ☐ Bob's Red Mill Flour
- ☐ Arrowhead Organic Spelt Flour
- ☐ Wholesome Sweeteners Organic Coconut Sugar

### *Snacks/Sweets:*

- ☐ HT Organic Corn Chips
- ☐ Garden of Eatin Organic Corn Chips
- ☐ Annie's Organic Cheddar Snack Mix
- ☐ Suzie's Thin Cakes
- ☐ LePain des Flours Organic Quinoa Crisps
- ☐ Mary's Gone Crackers
- ☐ G.H Cretors Organic Popcorn
- ☐ Alter Eco Chocolate
- ☐ Made in Nature Dried Fruit Chips
- ☐ Perfect Bar
- ☐ Late July Chips

### *Beverages:*

- ☐ Uncle Matt's Organic Orange Juice
- ☐ Lakewood Organic Juice
- ☐ GT Kombucha
- ☐ Evolution Organic Cold Pressed Juice
- ☐ Sambazon Acai
- ☐ Rogers Family Organic Coffee
- ☐ Traditional Medicinals Tea

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



# DISSECTING THE STORES



## *Dairy:*

- ☐ Kerrygold Butter
- ☐ Select Organic Cheese
- ☐ Trader Joe's Organic Butter
- ☐ Trader Joe's Organic Sour Cream
- ☐ Trader Joe's Plain Organic Greek Yogurt
- ☐ Trader Joe's Organic Milk

## *Meats/Poultry/Seafood:*

- ☐ Wild Sockeye Salmon and Select Wild Caught Fish
- ☐ 100% Organic Grass Fed Beef
- ☐ Organic Free Range Chicken

## *Produce: (Fresh and Frozen)*

- ☐ Select Frozen Organic Fruit
- ☐ Select Frozen Organic Veggies

## *Bread/Cereal/Grains:*

- ☐ Organic Sprouted Tempeh and Tofu
- ☐ Ezekiel Bread
- ☐ Select Udi's Bread
- ☐ Trader Joe's Sprouted Grain Bread
- ☐ Organic Quinoa and Rice Varieties
- ☐ Trader Joe's Organic Whole Wheat Spaghetti or Brown Rice and Quinoa Pasta
- ☐ Trader Joe's Quinoa and Steel Cut Oats Oatmeal (cold section)
- ☐ Organic Pesto Tortellini

## *Bread/Cereal/Grains Continued:*

- ☐ Trader Joe's Organic Pizza Crusts
- ☐ Trader Joe's Organic Wood Fired Pizza

## *Condiments:*

- ☐ Select Organic Trader Joe's Soups
- ☐ Trader Joe's Organic Beans
- ☐ Raw Honey
- ☐ Maple Syrup Grade B
- ☐ Trader Joe's Organic Condiments (Mustard, Pickle Relish, Ketchup)
- ☐ Trader Joe's Apple Cider Vinegar
- ☐ Select 100% Imported Extra Virgin Olive Oil
- ☐ Sauerkraut
- ☐ Kimchi, Miso
- ☐ Organic Almond Butter

## *Baking:*

- ☐ Himalayan Sea Salt

## *Snacks/Sweets:*

- ☐ Select Organic Raw Nuts and Dried Fruits
- ☐ Lundberg Organic Rice Cakes

## *Beverages:*

- ☐ Trader Joe's Organic Carrot Juice or Pineapple Juice (cold section)
- ☐ Select Trader Joe's Organic 100% Juice (cranberry and blueberry)
- ☐ Trader Joe's To the Power of Seven Organic Juice Blend
- ☐ GT's Kombucha

*Disclaimer: Trader Joe's official GMO statement is that they do not allow GMO's in their private label brand. In my research I have found this is not verified by a 3rd party and does not carry the NON-GMO Verified label.*

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



#### **Dairy:**

- ☐ The Country Hen Eggs
- ☐ Horizon Organic Eggs
- ☐ Organic Valley Cream Cheese
- ☐ Kerrygold Butter
- ☐ Organic Valley or Horizon Milk
- ☐ Simple Truth Butter/Milk
- ☐ Stoneyfield Organic Plain Yogurt

#### **Meats/Poultry/Seafood:**

- ☐ DK Natural Meats
- ☐ Organic Ground Beef
- ☐ Carolina Bison
- ☐ Select Wild Caught Fish
- ☐ Smart Chicken Organic

#### **Produce: (Fresh and Frozen)**

- ☐ Fresh and Frozen Organic Produce

#### **Bread/Cereal/Grains:**

- ☐ Bob's Red Mill Millet, Chia, Amaranth, Spelt
- ☐ Suzie's Organic Quinoa
- ☐ Made in Nature Ancient Grain Fusion
- ☐ Seeds of Change Organic Rice
- ☐ TruRoots Sprouted Lentils or Quinoa
- ☐ Earthly Choice Chia or Hemp Seeds
- ☐ Planet Rice Sprouted Brown Rice
- ☐ Lundberg Organic Rice

#### **Bread/Cereal/Grains Continued:**

- ☐ Organic Dried Beans
- ☐ Explore Asian Mung Bean or Black Bean Pasta
- ☐ Bionaturae Organic Pasta
- ☐ Ancient Harvest Quinoa Pasta
- ☐ Lundberg Organic Brown Rice Pasta
- ☐ Hakabaku Organic Soba Noodles
- ☐ Annie's Organic Mac n Cheese
- ☐ Bob's Red Mill Muesli or Steel Cut Oats
- ☐ Nature's Path Waffles
- ☐ Ezekiel Sprouted Grain Bread (frozen)
- ☐ Food For Life Bread (frozen)
- ☐ Select Udi's Bread (frozen)
- ☐ Eureka Organic Bread
- ☐ Dave's Killer Bread

#### **Condiments:**

- ☐ Kroger Organic Ketchup
- ☐ Koop's Organic Mustard
- ☐ Kroger Organic Canned Tomatoes
- ☐ Spectrum Organic Mayo
- ☐ Bragg Apple Cider Vinegar
- ☐ Organic Balsamic Vinegar
- ☐ Organicville Salsa
- ☐ Thai Kitchen Curry Paste
- ☐ San J Low Sodium Tamari
- ☐ Eden Arame
- ☐ Kroger Organic Tomato Sauce
- ☐ Pacific Organic Vegetable or Mushroom Broth
- ☐ Amy's Organic Soups
- ☐ Wild Planet or Wild Selections Tuna

#### **Baking:**

- ☐ Madhava Sprouted Grain Brownie or Cookie Mix
- ☐ Bob's Red Mill Flours
- ☐ Wholesome Sweeteners Organic Coconut Sugar
- ☐ Organic Sweet Leaf Stevia
- ☐ McCormick Organic Spices
- ☐ Select Imported Olive Oil

#### **Snacks/Sweets:**

- ☐ Alter Eco Chocolate
- ☐ Made in Nature Dried Fruit
- ☐ Annie's Organic Snack Mix
- ☐ Le Pain des Flours Quinoa Crisps
- ☐ Suzie's Thin Cakes
- ☐ Suzie's Organic Saltines
- ☐ Mary's Gone Crackers
- ☐ Mary's Gone Love Cookies
- ☐ R.W Garcia Organic Corn Chips
- ☐ Garden of Eatin Organic Corn Chips
- ☐ G.H Cretors Organic Popcorn
- ☐ 479 Popcorn
- ☐ Late July Chips

#### **Beverages:**

- ☐ Evolution Organic Cold Pressed Juice
- ☐ GT Kombucha
- ☐ Lakewood Organic Juice
- ☐ Organic Coffee Co.
- ☐ Traditional Medicinals Tea

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated. Kroger does carry a line of products under the label Simple Truth Organic. Do not confuse these products with the Simple Truth label which is not always organic.*



# Publix

## Dairy:

- ☐ Imported Italian Cheeses
- ☐ Organic Valley Cheese
- ☐ Organic Valley Milk
- ☐ Organic Valley Eggs
- ☐ The Country Hen Eggs
- ☐ Wallaby Organic Yogurt
- ☐ Kerrygold Butter
- ☐ Horizon Organic Butter
- ☐ Organic Valley Cream Cheese

## Meats/Poultry/Seafood:

- ☐ Wild Caught Fresh Fish (Sockeye Salmon)
- ☐ Natural Sea Tuna
- ☐ White Oak Organic Grass Fed Beef
- ☐ Greenwise Chicken
- ☐ Applegate Farms Organic Bacon
- ☐ Bilinski's Organic Chicken Sausage

## Produce: (Fresh and Frozen)

- ☐ Fresh Organic Produce: Tomatoes, Potatoes, Avocado, Onions, Beets, Carrots, Chard, Fresh Herbs, Kale, Zucchini, Squash, Eggplant, Cucumbers, Peppers, Mushrooms, Celery, Organic Girl Lettuce
- ☐ Woodstock Frozen Fruits and Veggies

## Bread/Cereal/Grains:

- ☐ Ezekiel Cereal
- ☐ Bob's Red Mill Steel Cut Oats
- ☐ Hodgson Mill Muesli
- ☐ Alma's Organic Whole Wheat Pasta
- ☐ Annie's Organic Mac n Cheese
- ☐ Organic Brown Rice or Wild Rice

## Bread/Cereal/Grains Continued:

- ☐ Organic Dried Beans and Lentils
- ☐ Nature's Path Hemp or Buckwheat Waffles
- ☐ Earthly Choice Organic Black Rice
- ☐ Bionaturae Organic Spaghetti
- ☐ Ezekiel Bread (freezer section)
- ☐ Ezekiel Tortillas (freezer section)
- ☐ Udi's, Alvarado Bakery, Canyon Bakehouse, or Food for Life Bread (freezer section)
- ☐ Organic Sunshine Veggie Burgers
- ☐ Qrunch Veggie Burgers
- ☐ Nature's Path Qi'a Cereal

## Condiments:

- ☐ Raw Honey
- ☐ Organic Canned Items (Brands: Woodstock, Native Forest, Eden Organic)
- ☐ Amy's Organic Soups
- ☐ FOOD Co Organic Soups
- ☐ Woodstock Organic Pickles
- ☐ Eden Organic Apple Cider Vinegar and Balsamic Vinegar
- ☐ Nutiva Coconut Oil and Red Palm Oil
- ☐ Woodstock Organic Ketchup and Mayo
- ☐ Organicville and Annie's Mustard
- ☐ Eden Organic Canned Tomatoes
- ☐ Walnut Acres Organic Tomato Sauce
- ☐ Eden Organic Canned Beans – Pinto, Cannellini, Kidney, Black ,etc
- ☐ Organic San J Low Sodium Tamari
- ☐ Coconut Aminos
- ☐ Thai Kitchen Curry Paste
- ☐ Bubbie's Pickles
- ☐ Woodstock Organic Almond Butter

## Baking:

- ☐ Madhava Sprouted Grain Brownie Mix
- ☐ Madhava Coconut Sugar
- ☐ Organic Sweet Leaf Stevia
- ☐ Equal Exchange Baking Coconut
- ☐ Arrowhead Mills Organic Whole Wheat Flour
- ☐ Bob's Red Mill Whole Wheat Flour
- ☐ Simply Organic Spices
- ☐ Organic Vanilla Extract
- ☐ Bob's Red Mill Flours (gluten free)

## Snacks/Sweets:

- ☐ Assorted Self Serve Organic Nuts
- ☐ Endangered Species Chocolate
- ☐ Late July Chips

## Beverages:

- ☐ Suja Essentials or Juice
- ☐ GT Kombucha
- ☐ Evolution Fresh Organic Cold Pressed Juice
- ☐ Uncle Matt's Orange Juice
- ☐ Lakewood Organic Juice
- ☐ Jim's Organic Coffee (bags and self serve)
- ☐ Traditional Medicinals Tea
- ☐ Numi Tea

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



# DISSECTING THE STORES

## SAFEWAY

### *Dairy:*

- ☐ Kerrygold Butter
- ☐ O Organics Butter
- ☐ O Organics Sour Cream
- ☐ Select Imported Cheeses
- ☐ The Country Hen Eggs
- ☐ O Organics Eggs
- ☐ Organic Valley Eggs
- ☐ Horizon Organic Milk
- ☐ O Organics Milk

### *Meats/Poultry/Seafood:*

- ☐ Butchers Cut Organic Grass Fed Beef
- ☐ O Organics Chicken
- ☐ Select Wild Caught Fish
- ☐ Wild Planet Tuna

### *Produce: (Fresh and Frozen)*

- ☐ Assorted Fresh Organic Produce
- ☐ Assorted Frozen Fruits and Veggies
- ☐ O Organics Fresh Greens
- ☐ Organic Fresh Herbs

### *Bread/Cereal/Grains:*

- ☐ Bob's Red Mill Flaxseed
- ☐ Ancient Harvest Quinoa Pasta
- ☐ Lundberg Organic Pasta and Rice
- ☐ Ancient Harvest Quinoa
- ☐ Select Amy's Organic Frozen Meals
- ☐ Dr. Praeger's Veggie Burgers
- ☐ Annie's Organic Mac n Cheese

### *Bread/Cereal/Grains Continued:*

- ☐ Della Organic Rice
- ☐ Lotus Food Organic Rice
- ☐ Nature's Earthly Choice Chia Seeds
- ☐ O Organics Rice and Lentils
- ☐ TruRoots Sprouted Rice and Quinoa
- ☐ Bob's Red Mill Oats
- ☐ Dr. McDougall's Organic Hot Cereal Cup

### *Condiments:*

- ☐ O Organics Beans-Cannellini, Garbanzo, Pinto, Kidney
- ☐ Amy's Organic Soups
- ☐ O Organics Tomato Sauce, Diced Tomatoes and Crushed Tomatoes
- ☐ O Organics Broth
- ☐ Amy's Organic Chili
- ☐ O Organics Soups
- ☐ O Organics Superfruit Spread
- ☐ Raw Honey
- ☐ O Organics Ketchup and Mustard
- ☐ Spectrum Natural Organic Mayo
- ☐ O Organics Peanut Butter
- ☐ Ba Tampte Pickles (not organic)
- ☐ Spectrum Coconut Oil
- ☐ Organic Extra Virgin Olive Oil
- ☐ Bragg Apple Cider Vinegar
- ☐ San J Low Sodium Tamari
- ☐ Thai Kitchen Curry Paste

### *Baking:*

- ☐ O Organics Spices or Vanilla
- ☐ Bob's Red Mill Flours
- ☐ O Organics Whole Wheat Flour
- ☐ O Organics Coconut Palm Sugar
- ☐ Raw Honey

### *Snacks/Sweets:*

- ☐ Organic Nuts
- ☐ Late July Chips
- ☐ Utz Organic 7 Whole Grain Pretzels
- ☐ Lundberg Organic Rice Cakes
- ☐ Mary's Gone Crackers
- ☐ Annie's Organic Snack Mix
- ☐ O Organics Popcorn
- ☐ Coconut Bliss Ice Cream
- ☐ Go Raw 100% Organic Super Cookies

### *Beverages:*

- ☐ O Organics Coffee
- ☐ Traditional Medicinals Tea
- ☐ Blue Print Juices
- ☐ B'more Organic Smoothies
- ☐ Bolthouse 100% Organic Carrot Juice
- ☐ GT Kombucha
- ☐ Bucha Organic Blood Orange
- ☐ Harmless Harvest Coconut Water
- ☐ Sambazon Acai Smoothie
- ☐ Suja Juice
- ☐ Uncle Matt's Orange Juice
- ☐ R.W. Knudsen Organic Juice

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



# DISSECTING THE STORES



## *Dairy:*

- ☐ Imported Italian Cheeses
- ☐ Laura Chenel's Chevre Goats Milk Cheese
- ☐ Horizon Organic Milk

## *Meats/Poultry/Seafood:*

- ☐ Dakota 100% Grass Fed Organic Beef

## *Produce: (Fresh and Frozen)*

- ☐ Bunny Luv Organic Carrots
- ☐ Select Fresh Produce
- ☐ Taylor Farms Organic Kale Medley, Spring Mix and Spinach
- ☐ Select Frozen Veggies and Fruits (not organic)

## *Condiments:*

- ☐ Organic Dried Beans
- ☐ Pacific Organic Soups

## *Bread/Cereal/Grains:*

- ☐ Nature's Earthly Choice Brown Basmati Rice and Quinoa
- ☐ Seeds of Change Brown Rice & Quinoa, Brown Rice & Kale
- ☐ Nature's Earthly Choice Raw Hemp Seeds
- ☐ Back to Nature Organic Mac n Cheese
- ☐ Dave's Killer Bread
- ☐ Annie's Organic Mac n Cheese

## *Baking:*

- ☐ Big Tree Coconut Sugar
- ☐ Bob's Red Mill Almond Flour
- ☐ Member Mark Organic Spices

## *Snacks/Sweets:*

- ☐ Organic Whole Nuts and Pine Nuts
- ☐ Boulder Canyon Organic Potato Chips
- ☐ Garden of Eatin Blue Corn Chips

## *Beverages:*

- ☐ Suja Juice
- ☐ Mama Chia
- ☐ GTs Organic Kombucha

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#### *Dairy:*

- ☐ Kerrygold Cheese
- ☐ Applegate Organic Sliced Cheese
- ☐ Kerrygold Butter
- ☐ Simply Balanced Organic Eggs
- ☐ Horizon Organic Milk
- ☐ Organic Valley Butter
- ☐ Pete & Gerry's Organic Eggs
- ☐ Egglands Best Organic
- ☐ Stoneyfield Organic Yogurt
- ☐ Wallaby Organic Yogurt

#### *Meats/Poultry/Seafood:*

- ☐ Simply Balanced Organic Beef
- ☐ Rising Moon Organic Frozen Meals
- ☐ Wild Planet Tuna
- ☐ Natural Sea Tuna-BPA Free Can

#### *Produce: (Fresh and Frozen)*

- ☐ Organic Fresh Fruit – Kiwi, Lemon, Orange, Lime, Squash, Cucumber
- ☐ Taylor Farms Organic Lettuce
- ☐ Simply Balanced Organic Frozen Veggies-Broccoli, Peas, Kale, Edamame, Corn, Beans, Mixed)
- ☐ Simply Balanced Organic Frozen Fruit: Blueberry, Strawberry, Raspberry, Peach, Tropical Mix or Berry Blend

#### *Bread/Cereal/Grains:*

- ☐ Select Udi's Bread
- ☐ Rising Moon Organic Frozen Ravioli
- ☐ Ancient Harvest Quinoa Pasta
- ☐ Simply Balanced Quinoa, Sprouted Brown Rice and Lentils
- ☐ Lundberg Wild Rice or Brown Basmati
- ☐ Simply Balanced Chia Seeds
- ☐ Purely Elizabeth Granola
- ☐ Bob's Red Mill Oats
- ☐ Qrunch Organic Quinoa Burgers (sweet curry with lentils)
- ☐ Simply Balances Organic Bread
- ☐ Dave's Killer Bread
- ☐ Eureka Organic Bread
- ☐ Nature's Path Chia Waffles
- ☐ Simply Balances Organic Kale Pizza

#### *Condiments:*

- ☐ Amy's Organic Frozen Meals & Soup
- ☐ Annie's Organic Mustard
- ☐ Bragg Apple Cider Vinegar
- ☐ Simply Balances Almond Butter
- ☐ Annie's Organic Mac n Cheese
- ☐ Simply Balances Organic Coconut Oil (virgin and unrefined)
- ☐ Simply Balanced Organic Beans
- ☐ Dave's Gourmet Organic Pasta Sauce (Butternut Squash and Heirloom Tomato)
- ☐ Simply Balanced Organic Salsa
- ☐ Simply Balanced Olive Oil Spray

#### *Baking:*

- ☐ Simply Balanced Organic Spices
- ☐ Simply Balanced Coconut Palm Sugar
- ☐ Bob's Red Mill Almond Flour
- ☐ Let's Do... Organic Shredded Coconut

#### *Snacks/Sweets:*

- ☐ Annie's Organic Cheddar Snack Mix
- ☐ Annie's Organic Honey Grahams
- ☐ Simply Balanced Organic Corn Chips with Chia or 7 Grains
- ☐ SB Organic Fruit Pouches
- ☐ Kids Gourmet Organic Slammers Superfood Snack
- ☐ Plum Organics Mashups
- ☐ Bare Fruit Chips (Apple Cinnamon & Granny Smith)
- ☐ Simply Balanced Organic Nut/Seed Trail Mix

#### *Beverages:*

- ☐ Suja Cold Pressed Juice
- ☐ GT's Kombucha
- ☐ Traditional Medicinals Tea
- ☐ Mama Chia Organic
- ☐ Numi Tea

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



# DISSECTING THE STORES



## *Dairy:*

- ☐ Kerrygold Butter
- ☐ Organic Valley Milk
- ☐ Egglands Best Organic Eggs
- ☐ Pete & Gerry's Organic Eggs
- ☐ Great Value Organic Milk
- ☐ Stoneyfield Organic Milk
- ☐ Annie's Organic Yogurt
- ☐ Stoneyfield Organic Yogurt

## *Meats/Poultry/Seafood:*

- ☐ Harvestland Chicken
- ☐ Wild Alaskan Frozen Sockeye Salmon
- ☐ Wild Caught Frozen Halibut
- ☐ Rainforest Trading Co BPA Free Tuna

## *Produce: (Fresh and Frozen)*

- ☐ Fresh Organic Produce – Oranges, Lemons, Limes, Apples, Cucumbers,
- ☐ Bell Peppers, Celery, Carrots, Zucchini
- ☐ Marketside Organic Lettuce, Kale, Spinach, or Arugula

## *Bread/Cereal/Grains:*

- ☐ Assorted Dried Beans – Black, Pinto, Chickpeas
- ☐ Organic Quinoa
- ☐ Lundberg Wild Rice
- ☐ Ancient Harvest Quinoa

## *Bread/Cereal/Grains Continued:*

- ☐ Dave's Killer Bread
- ☐ Eureka Organic Bread
- ☐ Hodgson Mill Flax and Chia Blend
- ☐ Organic Flaxseeds
- ☐ Betterbody Organic Chia Seeds, Quinoa Badia Organic Whole Flax Seed Packets
- ☐ Wild Roots Milled Golden Flaxseed
- ☐ Amy's Frozen Meals (not 100% organic)
- ☐ Beetnik Paleo Organic Meals
- ☐ Tinkyada Organic Pasta

## *Condiments:*

- ☐ Braggs Apple Cider Vinegar
- ☐ Mountain Ridge Raw Honey
- ☐ Thai Kitchen Curry Paste
- ☐ Great Value Organic Ketchup, Organic salsa
- ☐ Tomato Basil Pasta Sauce
- ☐ Great Value Organic Canned Beans – Black, Garbanzo, Pinto
- ☐ Great Value Organic Canned Corn
- ☐ Great Value Organic Canned Tomatoes
- ☐ Amy's Organic Canned Chili
- ☐ Organic Chicken Broth
- ☐ Amy's Organic Soups
- ☐ Extra Virgin Olive Oil Imported from Italy
- ☐ Carrington Farm Pure Unrefined,
- ☐ Cold Pressed 100% Organic Coconut Oil

## *Baking:*

- ☐ McCormick Organic Spices
- ☐ Let's Do... Organic Coconut Flour
- ☐ Bob's Red Mill Flours
- ☐ Hodgson Mill Almond Flour
- ☐ Arrowhead Mills Organic Flours
- ☐ Betterbody Organic Coconut Flour
- ☐ Madhava Organic Coconut Sugar

## *Snacks/Sweets:*

- ☐ Bare Coconut Crunch Chips
- ☐ Annie's Organic Cheddar Snack Mix
- ☐ Pure Growth Organic Popcorn
- ☐ Nature's Path Organic Granola Bar

## *Beverages:*

- ☐ Uncle Lee's 100% Organic Green Tea
- ☐ Traditional Medicinals Tea
- ☐ Sam's Choice Organic Coffee
- ☐ R.W Knudsen Organic Juice
- ☐ VOSS Water
- ☐ Sambazon Organic Acai or
- ☐ Blueberry Pomegranate Juice
- ☐ Mama Chia Drinks
- ☐ Coco Community Coconut Water
- ☐ GT's Kombucha
- ☐ Bolthouse Farms 1915 organic Juice

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# DISSECTING THE STORES



## *Dairy:*

- ☐ Organic Valley Milk
- ☐ 365 Brand Organic Milk
- ☐ 365 Brand Almond Milk
- ☐ Organic Valley Sour Cream, Cream Cheese or Cottage Cheese
- ☐ Nancy's Cottage Cheese
- ☐ Traderspoint Yogurt
- ☐ 365 Brand Organic Butter
- ☐ Kerrygold Butter
- ☐ Organic Valley Butter
- ☐ Vital Farms Eggs
- ☐ The Country Hen Eggs

## *Meats/Poultry/Seafood:*

- ☐ Bilinski's Organic Chicken Sausage
- ☐ Select Wild Caught Fish
- ☐ 365 Brand Organic Chicken
- ☐ Panorama 100% Organic Grass Fed Beef
- ☐ Nature's Rancher Organic Turkey
- ☐ Applegate Farms Organic Bacon

## *Produce: (Fresh and Frozen)*

- ☐ Organic Select Frozen Fruit and Veggies
- ☐ Organic Fresh Fruits and Veggies
- ☐ Organic Sprouts or Microgreens

## *Bread/Cereal/Grains:*

- ☐ Ezekiel Flax or Sesame Bread
- ☐ Ezekiel English Muffins

## *Bread/Cereal/Grains Continued:*

- ☐ Ezekiel Sprouted Grain Tortillas
- ☐ Food For Life Select Bread
- ☐ Explore Asian Bean Pastas
- ☐ 365 Brand Organic Pasta
- ☐ Tolerant Lentil Pasta
- ☐ Ezekiel Pasta
- ☐ Bionaturae Pasta
- ☐ Alter Eco Rice or Quinoa
- ☐ Lotus Foods Volcano Rice
- ☐ 365 Brand Organic Rice
- ☐ TruRoots Sprouted Lentils
- ☐ Eden Quinoa or Soba Noodles
- ☐ Organic Edward & Sons Breadcrumbs
- ☐ Eureka Organic Whole Wheat Bread
- ☐ Ancient Harvest Quinoa Pasta
- ☐ Bionaturae Organic Spaghetti
- ☐ Lundberg Organic Brown Rice Pasta
- ☐ Purely Elizabeth Granola
- ☐ New England Natural Bakers Sprouted Granola
- ☐ Ezekiel Sprouted Grain Cereal
- ☐ Nature's Path Qi'a Cereal
- ☐ Bob's Red Mill Oats
- ☐ Country Choice Steel Cut Oats
- ☐ Nature's Path Hemp Waffles
- ☐ Sunshine Veggie Burger
- ☐ Rising Moon Organic Ravioli or Frozen Meals
- ☐ Hilary's Eat Well Veggie Burgers
- ☐ Delallo Organic Pasta
- ☐ Tinkyada Organic Pasta
- ☐ Jovial Organic Pasta

## *Condiments:*

- ☐ 365 Organic Dressing
- ☐ 365 Organic Tomato Sauce
- ☐ Yellow Barn Tomato Sauce
- ☐ Organicville Tomato Sauce
- ☐ Walnut Acres Tomato Sauce
- ☐ Mediterranean Sundried Tomatoes
- ☐ Jovial Whole or Crushed Tomatoes
- ☐ Eden or Bionaturae Diced Tomatoes
- ☐ Coconut Aminos
- ☐ 365 Brand Organic Mustard
- ☐ Eden or Organicville Mustard
- ☐ Annie's Organic Ketchup
- ☐ Organicville Ketchup
- ☐ The Wizard's Hot Sauce
- ☐ Organicville Marinades
- ☐ Hilary's Eat Well Salad Dressing
- ☐ Harvest Bay Coconut Oil
- ☐ Dr. Bronner's Coconut Oil
- ☐ Nutiva Coconut Oil
- ☐ 365 Brand Organic Vinegars
- ☐ Eden Red Wine Vinegar
- ☐ Napa Valley Naturals Organic Vinegars
- ☐ 365 Brand Organic Salsa
- ☐ Nutiva Buttery Spread
- ☐ Crofter's Organic Superfood Spread
- ☐ Once Again Organic Tahini
- ☐ Bubbie's Pickles
- ☐ Annie's Organic Mac n Cheese
- ☐ Farmhouse Culture Sauerkraut

*Note: Some of these products we would not recommend on the Food Babe Pantry List of favorite brands due to specific circumstances. This list may not contain every item the store carries given that inventory changes and products are updated.*



### *Condiments Continued:*

- ☐ Pacific Organic Bone Broth, Vegetable Broth or Organic Stock
- ☐ Amy's Organic Soups or Chili
- ☐ Epic Homestyle Broth
- ☐ Select Pacific Organic Soups
- ☐ 365 Brand Organic Beans
- ☐ Eden Organic Beans
- ☐ Westbrae Natural Lentils
- ☐ Spectrum Organic Mayo
- ☐ Organic Divina Olives
- ☐ Thai Kitchen Curry Paste
- ☐ San J Low Sodium Tamari

### *Baking:*

- ☐ Organic Sweet Leaf Stevia
- ☐ Madhava Sprouted Brownie and Cookie Mix
- ☐ Arrowhead Mills Organic Flour
- ☐ Bob's Red Mill Flour
- ☐ 365 Brand Organic Spices
- ☐ Frontier Organic Spices
- ☐ Raw Honey
- ☐ Maple Syrup Grade B
- ☐ Wholesome Sweeteners Organic Coconut Sugar
- ☐ Sweet Tree Coconut Sugar
- ☐ Sunspire Chocolate Chips
- ☐ Theo Cacao Nibs
- ☐ Equal Exchange Chocolate Chips

### *Snacks/Sweets:*

- ☐ Mary's Gone Crackers
- ☐ Doctor Kracker Crackers
- ☐ Annie's Organic Cheddar Snack Mix
- ☐ Suzie's Thin Cakes or Saltines
- ☐ Late July Chips
- ☐ Mary's Gone Crackers
- ☐ Theo's Chocolate
- ☐ Alter Eco Chocolate
- ☐ Equal Exchange Chocolate
- ☐ Made in Nature Dried Fruit Chips
- ☐ 365 Brand Organic Tortilla Chips
- ☐ Garden of Eatin Tortilla Chips
- ☐ Que Pasa Organic Tortilla Chips
- ☐ Brad's Raw Chips
- ☐ Nature's All Foods Organic Freeze Dried Fruit
- ☐ Go Raw Cookies
- ☐ 365 Brand Organic Pretzels
- ☐ Good Health Natural Foods Organic Popcorn
- ☐ Lundberg Organic Rice Cakes
- ☐ Simple Mills Almond Crackers
- ☐ Jackson's Honest Chips
- ☐ Sesmark Organic Rice Thins
- ☐ Three Twins Ice Cream
- ☐ Coconut Bliss Ice Cream

### *Beverages:*

- ☐ Uncle Matt's Organic Orange Juice
- ☐ Juice
- ☐ Lakewood Organic Juice
- ☐ GT Kombucha
- ☐ Harmless Harvest Coconut Water
- ☐ Sambazon Acai
- ☐ Suja Cold Pressed Juice
- ☐ Traditional Medicinals Tea
- ☐ Numi Tea
- ☐ Equal Exchange Tea
- ☐ Mountain Valley Water



# Online Grocery Store Options

Don't forget that if there are ever products that you can't find in your local grocery store there are lots of great online shopping options to choose from. Below is a list of different online stores that ship both inside and outside the US. They carry a wide variety of organic pantry items and frozen foods that can be delivered right to your door step.

[Thrivemarket.com](https://www.thrivemarket.com) - Includes a wide range of healthy products with free registration and a free trial.

[Amazon.com](https://www.amazon.com) - Ships a large range of organic foods across the US.

[WiseChoiceMarket.com](https://www.wischoicemarket.com) - Ships healthy food across the US with cold and frozen items available too.

[AbesMarket.com](https://www.abesmarket.com) - Ships natural and organic products, healthy food and pet care across the US.

[GreenPolkaDotBox.com](https://www.greenpolkadotbox.com) - GMO free and organic membership club that ships healthy food to your door.

[Vitacost.com](https://www.vitacost.com) - Discount GMO free products, natural beauty products, supplements and healthy food.

[Trufoodsmarket.com](https://www.trufoodsmarket.com) - Ships organic healthy food products and non food products.

[Peapod.com](https://www.peapod.com) - Delivery of organic produce and prepared meals along with grocery pickup locations.



## *Which Shopping Apps Are Best To Use At The Grocery Store?*

We recommend using the apps listed below when shopping to determine which products do not support the labeling of GMOs, have poor ratings or contain undesirable ingredients.

### ***BUYCOTT** ([www.buycott.com](http://www.buycott.com))*

This app will trace food products through the supply chain, so that you are informed of every company involved in bringing the item to your local grocer. It also provides constant information for each company, so you can voice any concerns you may have with that product.

### ***FOODUCATE** ([www.fooducate.com/app](http://www.fooducate.com/app))*

Scan and find healthy food along with tracking your progress to become healthier.

### ***ENVIRONMENTAL WORKING GROUP (EWG)** ([www.ewg.org](http://www.ewg.org))*

Provides food scores for both grocery store and cosmetics.

### ***SEAFOOD WATCH** ([www.seafoodwatch.org](http://www.seafoodwatch.org))*

Search for sustainable seafood including top choices, best alternatives and those to avoid.

### ***TRUE FOOD** ([www.centerforfoodsafety.org](http://www.centerforfoodsafety.org))*

This app, created by Center for Food Safety, will provide updates with new alerts, news and tips on how to avoid GMO products and find alternative options.

### ***NxtNUTRIO - FOOD, ALLERGEN, GMO & NUTRITION SCANNER** ([www.nextnutrio.com](http://www.nextnutrio.com))*

This app allows you to find out exactly what's in the food on the shelves of your grocery store. The scanner reads the label and provides you with information on nutrition, ingredients and whether the product contains any GMOs. It also has a caution rating to list unwanted ingredients.

### ***ShopNoGMO***

This app provides ways to avoid GMO's at the grocery store, when dining out and helpful tips on sourcing organic foods and avoiding unwanted ingredients in your food.

### ***GMO CHECKER***

This app identifies products that are organic, vegan, gluten free and GMO free.

### ***FRUIT CHECKER***

Fruit Checker is a PLU reader which confirms whether products are certified organic, conventional or genetically modified. With certain products this app will also tell you where the product was grown.

### ***NON-GMO PROJECT SHOPPING GUIDE** ([www.nongmoproject.org](http://www.nongmoproject.org))*

This app provides shoppers with a guide to non-GMO products.



# Easy Meals At The Grocery Store

Who says you can't grab quick and easy meals at your local grocery store? Instead of pulling in-line at your favorite fast food restaurant, next time check out the healthier finds that you can pick up from your local grocer.

## *Breakfast:*

- Organic Instant Oats
- Organic Trail Mix
- Suja Fresh Cold Pressed Juice
- Sambazon Acai Smoothies
- Fresh Bread (Dave's Killer, Eureka, Ezekiel) and Almond Butter
- Fresh Organic Fruits such as Sliced Apple with Almond Butter or Mixed Berries
- Organic Plain Yogurt with Nuts, Fresh or Dried Fruit or Granola
- Ezekiel Sprouted English Muffin and Organic Butter or Almond Butter and Fresh Preserves
- Ezekiel Cereal and Organic Milk

## *Lunch/Dinner:*

- Veggie Burgers (Sunshine, Qrunch, Dr. Praegers) topped with Organic Salsa or Sauerkraut
- Amy's Organic Soups
- Tuna Sandwich with Organic Aioli
- Avocado and Cucumber Sandwich with Sprouts
- Fresh Tomato Sandwich with Spinach and Sprouts
- Whole Grain Bread with Almond Butter and Fruit Preserves
- Fresh Veggie Wrap with Ezekiel Tortillas and Assorted Sliced Veggies
- Hummus with Veggie Sticks and Chips
- 3 Bean Salad with Vinaigrette
- Select Prepared Salads and Foods (make sure to read the labels and ask questions)
- Sliced Avocado and Earthbound Organic Lettuce or Salad by Choosing Desired Fruits, Veggies, Nuts, Etc.

## *Dessert:*

- Alter Eco Chocolate Bars
- Fruit Smoothies
- Fresh Organic Fruit, Yogurt and Nuts
- Go Raw 100% Organic Superfood Cookies



# How To Ask Your Store To Carry More Options

## The right questions to ask your grocery store manager...

Do you accept special orders for specific products that I am looking for? If so, what is the procedure for me to request an item?

How many requests do you need before you will consider carrying a new item on the shelves?

Do you source any produce from local farms who are using sustainable farming practices, provide organic produce or use safe practices?

Do you list the country of origin for all seafood that you carry?

## Follow up:

- Call the store manager to inquire whether they received your letter and if there are any actions that can be taken.
- Have everyone you know bring in the same letter and approach the manager with the same concerns.
- If there doesn't seem to be a response or action, narrow your list down to the top three most important products and work from there.
- Never give up and continue to spread the word and your knowledge to those around you. With persistence we can create change.

It's time to look at grocery shopping and our local stores in a new light. We should be interviewing them along with food companies to see if they match what we're looking for in the foods we choose to put in our body. If they don't match up then we need to voice our concerns, educate those around us and make suggestions to improve the landscape of healthy food. It should be the consumer who has a strong voice in not allowing companies to get away with putting artificial ingredients, chemicals and dyes in the food we take home to ourselves and our family.

Dear \_\_\_\_\_, (Name of Store Manager)

I am writing to you as one of your regular customers to thank you for the current selection of certified organic and healthy products that are currently on the shelves. Being that certified organic and non-GMO products are becoming a larger share of the market and a growing request by many people such as myself, I would like to ask you to expand this selection. More and more people are likely to shop where there is a greater variety of healthy alternatives. Below is a quick list of the most important products that people eat on a daily basis. It is crucial that this store is a leader in promoting change and offering healthier options in these categories. I am also aware that an increasing amount of retailers across the country are open to special orders for new products and if requested often enough these products can find a place on the shelves. Thank you for being open to these requests and providing the real food we all need to create a change towards a better future.

Here are the most important areas we can provide clean, healthy food and some suggested options for great brands that are found all over the country at local grocery stores just like yours!

- **Milk** – Organic Valley Grassmilk, Traderspoint Creamery
- **Chicken/Beef** – White Oak, Organic Prairie, Jone's Creek, Thousand Hills, Hearst Ranch
- **Bread** – Ezekiel, Food For Life, Dave's Killer Bread (non frozen)
- **Yogurt** – Maple Hill Creamery, Traderspoint Creamery, Nancy's Greek, Kalona Organic
- **Juice** – Suja, Matt's Organic, Lakewood Organic
- **Cereal** – Ezekiel, Two Moms in the Raw
- **Eggs** – Vital Farms, The Country Hen, Organic Valley Organic Brown Eggs
- **Oil** – Nutiva Coconut Oil, Papa Vince Extra Virgin Olive Oil, Kasandrinos Extra Virgin Olive Oil
- **Produce** - Local and Organic (Next Best: Frozen Veggies – Woodstock Organic)
- **Sugar** - Nutiva Coconut Sugar, Raw Pure Honey, Organic Sweet Leaf Stevia

**Bonus! Snacks and Sweets** – Late July Chips, Mary's Gone Crackers or Pretzels, 479 Popcorn, Three Twins Ice Cream, Coconut Bliss Ice Cream, Madhava Sprouted Brownie or Cookie Mix

I want to thank you for taking the time to address my concerns and for taking a step in the right direction to provide safe, clean food for myself and my family, while supporting local producers and a healthier planet.

Sincerely,

Name:

Contact Number:

Email Address:



## Want More? Check out the Food Babe Eating Guide Program

If you'd like more guides like this, I hope you join us for the Food Babe Eating Guide Program. We'd love to stick with you day after day to get rid of the food additives, chemicals and extra baggage that is weighing us down in this over-processed food world. If you are looking for more help in the kitchen or are struggling with figuring out what to eat, the best brands to buy and how to follow a non GMO, organic diet, then this program is the perfect fit for you.

### *What's included in the Eating Guide program?*

- A Starter Guide complete with Pantry List and everything you need to know to eat healthy, the Food Babe way.
- A monthly meal calendar outlining daily menus that include plant-based recipes with vegan and gluten free alternatives along with lean meat and fish options to create the ultimate balance for your unique lifestyle.
- Detailed grocery list and approved brands that takes the guess work out of shopping.
- 19 new recipes per month comprised of whole food, non-GMO, organic, unprocessed and superfood ingredients (5 breakfast, 5 lunch, 5 dinner, 1 new salad dressing recipe, 2 juice/smoothie recipes and 1 Bonus Sunday Supper recipe).
- Weekly prep, food storage and leftover tips each month. Bonus guides with the most sought after recipes.
- A Food Substitution Chart so you never have to worry about what to do if you can't find an ingredient or have an allergy. Simply check the chart for a list of other ingredients that can be used instead.
- The Food Babe Weekly Food Journal, complete with a printable page to help you stay on track and keep you looking and feeling your best.

### THE FOOD BABE MEAL PLAN & EATING GUIDE!



For more information on the Food Babe Eating Guide program visit [FoodBabe.com/eat](http://FoodBabe.com/eat)

### *What customers are saying:*

*"Since purchasing the annual membership and transitioning to a more healthy lifestyle, we feel so much better and we have both lost 15 pounds each! Not only are we living a healthier life because we are eating better, but we are decreasing the chance of developing ailments!!!" Joe & Sue*

*"I have higher energy, feel more attractive, and feel more in control of my appetite. Best of all, I feel like I am feeding my kids not only nutritious food, but also food that is FOOD" Nina A.*



## How to Use this Guide with The Food Babe Way

Thank you for pre-ordering *The Food Babe Way*! This book has become so much more than I ever originally imagined. It has become my manifesto that covers every aspect of my healthy habits, my way of life and how to navigate successfully in this over processed world. To go along with *The Food Babe Way* I wanted to create a guide that would be a perfect complement to the book and take the guesswork out of shopping. We all know how difficult it can be to navigate your way through thousands of products, tricky marketing messages and confusing labels only to end up throwing your hands up in frustration.

Think of this bonus guide as a reference tool which includes a look into many of the largest grocery chains in the US. It provides printable shopping lists to help avoid the top 15 ingredients that wreak havoc on your health (listed in my book) along with the top shopping apps and websites to use

while you are in the store. We have also included easy reference charts to spot manipulative marketing as well as a complete list of all companies who do not support the labeling of GMOs. Don't forget one of the easiest ways to make a difference is to vote with your dollars. After reading *The Food Babe Way* and using the Ultimate Healthy Grocery Guide you will be fully equipped to handle trips to the grocery store and take back your health one day at a time.

