

## TIPS FOR HEALTHY SHOPPING AND EATING

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### Shopping Tips:

- ❑ Do most of your shopping in the inner aisles and at the back of the store. Impulse items, as well as those with higher sugar and fat are on the outside aisles, ends and corners.
- ❑ Buy organic when you can, and consider the "Dirty Dozen" from the Environmental Working Group [www.ewg.org](http://www.ewg.org)

The "Dirty Dozen" contain the most pesticides: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes (imported)spinach, lettuce, potatoes.

- ❑ Frozen veggies and berries have similar nutritional value to fresh produce. If you live alone or in a small family, fresh produce can tend to "go south" in the fridge before it can be eaten. Eating frozen allows you to cook only what you are going to eat.

### Healthful eating:

- ❑ Eat seasonally: Enjoy the change of seasons by changing your diet with the calendar. Fall produce like pears, apples, squash, pumpkin, and sweet potatoes are warming and nourishing. Adding some of these to your soups or stews is a great way to get extra vitamins and fiber.
- ❑ Eat from the colors of the rainbow each day: green: spinach, kale, peppers, celery, broccoli and lettuces; red: berries, grapes, apples, beets, kale, and tomatoes; yellow: sweet potatoes, squash, peppers and onions; orange: carrots; blue: blueberries.
- ❑ Limit white foods which are usually high in sugar and fat: potatoes, baked goods, or anything with white flour add extra calories. Turnips are a fine white food!
- ❑ Consider the glycemic index: See the next page for a description.
- ❑ Stay in tune with your body. Food and mood are related. Check in to how you feel after eating certain foods. How you feel is important and will inform you of the choices that work best for you.

## GLYCEMIC INDEX

What is it?

It is a system that assigns numbers to foods based on how fast the sugar is broken down. Table sugar, baked potatoes, corn, white rice and bread and fruits canned in syrup are at the top of the scale. Nuts and other proteins, beans and most fruits and vegetables are on the low end of the scale.

There is also something called glycemic load. This tells you how much carbohydrate is really available. A food like watermelon, for instance, has little fiber, is higher in sugar, but has lots of water. There is really very little substance to watermelon, so it has little sugar to offer us, but what it does have is on the higher end of the scale.

The bottom line: choose foods that in general, are lower on the glycemic index and consider this when planning meals. A common meal is chicken, baked potato, corn, roll and salad. The chicken and salad are the two healthiest foods in this meal and lowest on the scale. The baked potato, corn and roll are high on the list. A better option might be: chicken, green beans, brown rice, salad, and fresh fruit for dessert.

### COMMON FOODS AND THEIR VALUES

The first number is the glycemic load, and the second is the glycemic index number.

Low glycemic load

\*All-bran cereal (8, 42)

\*Apples (6, 38)

\*Carrots (3, 47)

\*Chana dal (3, 8)

\*Chick peas (8, 28)

\*Grapes (8, 46)

\*Kidney beans (7, 28)

\*Oranges (5, 42)

\*Peaches (5, 42)

\*Peanuts (1, 14)

\*Pears (4, 38)

\*Pinto beans (10, 39)

\*Red lentils (5, 26)

\*Strawberries (1, 40)

\*Sweet corn (9, 54)

\*Beets (5, 64)

\*Cantaloupe (4, 65)

\*Pineapple (7, 59)

Sucrose (table sugar) (7, 68)

|Popcorn (8, 72)

Watermelon (4, 72)  
Whole wheat flour bread (9, 71)  
White wheat flour bread (10, 70)

| Medium glyceimic load |  
\*Apple juice (11, 40)  
\*Bananas (12, 52)  
\*Buckwheat (16, 54)  
\*Fettuccine (18, 40)  
\*Navy beans (12, 38)  
\*Orange juice (12, 50)  
\*Parboiled rice (17, 47)  
\*Pearled barley (11, 25)  
\*Sourdough wheat bread (15, 54)  
\* | Life cereal (16, 66)  
\*New potatoes (12, 57)  
\*Sweet potatoes (17, 61)  
\*Wild rice (18, 57)  
| Cheerios (15, 74)  
Shredded wheat (15, 75)

| HI Glyceimic Load  
Linguine (23, 52)  
Macaroni (23, 47)  
Spaghetti (20, 42)  
| Couscous (23, 65)  
White rice (23, 64)  
| Baked Russet potatoes (26, 85)  
Cornflakes (21, 81)

Glyceimic index (GI): low=1-55 mid=56-69 High=70-100  
Glyceimic load (GL): low=1-10 mid=11-19 High=20 or more  
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The bottom line: It is a good idea to Eat foods with a load number under 20, and an index number under 70. I have placed a star next to these healthful options. Remember: A balanced diet is just that—a good balance of whole grains, vegetables and fruit, and good sources of protein. Proteins include beans, nuts and seeds, fish, and lean meats.

May your life be filled with good food and fellowship.

| For more information about my services, workshops and seminars feel free to contact me at 503-984-5652.