The High-Quality Foods Cheat Sheet

Protein Sources

Beef: Grass-Fed, Free-range or Free-roaming, "Raised without antibiotics"/ "no antibiotics administered", Natural, "No Hormones administered" [1] (USDA)

Chicken/Poultry: Natural, Free Range or Free Roaming, Fresh, Certified Organic, Cage Free, "Certified Humane Raised and Handled"[2]
"Federal regulations prohibit the use of hormones"[1]
"No antibiotics added"[1]

Eggs: Free-range, hormone-free, antibiotic-free, cage-free, organic

Dairy Products: Organic, no hormones (rBGH), Antibiotic-free

Salmon: Wild Caught, Alaskan

Halibut: Pacific and California Halibut

Sardines: Wild Caught, Pacific

Fish: See the following list
http://www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-northeast-guide.pdf

Fish to Avoid due to higher mercury and/or PCBs:
Bluefin Tuna[3,4]
Canned Albacore Tuna[4]
Yellowfin Tuna[4]
Atlantic Halibut[4]
Chilean Sea Bass (from Crozet, Prince Edward, and Marion Islands and Chile)[4]
Grouper[3, 4]
Monkfish[3, 4]
Orange Roughy[3, 4]
Farm Raised Salmon[4]
Swordfish[3]
Shark[3]
Tilefish[3]
King Mackerel[3]
Marlin[3]

1. http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/meat-and-poultry-labeling-terms/meat-and-poultry-labeling-terms
2. http://www.huffingtonpost.com/eatingwell/buying-chicken_b_1375953.html
3. http://www.nrdc.org/health/effects/mercury/guide.asp
4. http://www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-northeast-guide.pdf

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High Quality Fats

High Quality Fats:

- Grass-Fed Beef
- Chia Seeds
- Poultry: organic
- Wild Game
- Eggs
- Olives
- Avocados
- Algae/Seaweed
- Halibut
- Shrimp
- Snapper
- Nuts/seeds
- Almonds
- Cashews
- Almond Butter
- Macadamia Nuts
- Pine Nuts
- Brazil Nuts
- Pecans
- Hazelnuts/Filberts
- Sunflower Seeds
- Pumpkin Seeds

Foods High in MUFAs:

- Olive Oil
- Hazelnut Oil (unrefined)
- Safflower Oil (Unrefined)
- Macadamia Oil
- Almond Oil
- Tea Seed Oil
- Pecan Oil
- Hazelnut (refined) Oil
- Avocado Oil (unrefined/raw)

Healthiest Fats:

- Olive oil (virgin)
- Hemp (unrefined) oil
- Coconut (unrefined) oil
- Almond oil
- Macadamia oil
- Tea Seed oil
- Pecan oil
- Hazelnut (unrefined) oil
- Avocado (unrefined) oil
- Flax (unrefined/cold pressed) oil
- Hazelnut (unrefined) oil
- Olives (green or black)
- Avocados

Fats Better for cooking:

- Coconut
- Grass fed Butter
- Macadamia Oil
- Almond Oil
- Pecan Oil
- Hazelnut Oil
- Avocado Oil (unrefined/raw)
- Tea Seed Oil
- Rice Oil/Rice Bran Oil

Fats Best for dressings/ sensitive to high temps

- Safflower (Unrefined)
- Flax (unrefined)
- Hazelnut (unrefined)
- Olive
- Hemp (Unrefined)

Foods High in Omega-3s:

- Hemp Oil
- Flax oil/seeds/meal
- Walnuts/walnut oil
- Algae
- Chia Seeds
- Salmon
- Scallops
- Soybeans
- Halibut (baked/broiled)
- Shrimp (steamed/boiled)
- Snapper (Baked)
- Tofu (raw)
- Winter Squash
- Tuna, yellowfin
- Cod (baked) Kidney Beans

Commonly Genetically Modified Fats:

- Corn oil
- Cottonseed oil
- Palm and Palm Kernel oil
- Soybean oil
- Canola (Rapeseed) (Conventional) oil
- Mayonnaise
- Margarine
- Shortening
- Hydrogenated oils

Other Fats:

- Butter (grain fed)
- Sesame
- Grapeseed
- Safflower (refined)
- Butter (Grass fed)
- Ghee

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High Quality Produce

Fresh vs. Frozen:

In-season: buy them fresh and ripe. Buy organic when possible, especially the "dirty dozen".[1]

Off-season: buy them frozen. The process of freezing provides a high concentration of nutrients. Buy organic when possible.[1]

Winter[2]
- Belgian Endive
- Brussels Sprouts
- Buttercup Squash
- Clementine
- Collard Greens
- Dates
- Grapefruit
- Kale
- Kiwi
- Leeks
- Oranges
- Passion Fruit
- Pear
- Persimmons
- Pomegranate
- Red Currants
- Sweet Potato
- Tangerines
- Turnips

Spring[2]
- Artichokes
- Asparagus
- Butter Lettuce
- Corn
- Green Beans
- Honeydew
- Jackfruit
- Limes
- Lychee
- Mango
- Mustard Greens
- Peas
- Pineapple
- Radicchio
- Spinach
- Strawberries
- Swiss Chard
- Vidalia Onions

Summer[2]
- Beets
- All Berries
- Cantaloupe
- Cherries
- Cucumbers
- Eggplant
- Endive
- Figs
- Garlic
- Grapefruit
- Grapes
- Jackfruit
- Limes
- Nectarines
- Peaches
- Plums
- Shallots
- Summer Squash
- Tomatoes
- Watermelon
- Yukon Gold Potatoes
- Zucchini

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Fall[2]

- Acorn Squash
- Broccoli
- Belgian Endive
- Brussels Sprouts
- Butternut Squash
- Cauliflower
- Cranberries
- Delicata Squash
- Date Plum
- Grapes
- Jalapeno Peppers
- Kumquats
- Pumpkin
- Quince
- Sweet Potato
- Turnips

Year Round Produce[2]

- Apples
- Arrowroot
- Apricots
- Avocados
- Bananas
- Bell Peppers
- Bok Choy
- Broccoflower
- Broccolini
- Cabbage
- Carrots
- Cranberries
- Celery
- Cherry tomatoes
- Chinese Eggplants
- Coconut
- Dandelion Greens
- Leek
- Lemons
- Onions
- Papayas
- Parsnips
- Potatoes
- Snow Peas

1. http://www.eatingwell.com/nutrition_health/nutrition_news_information/fresh_vs_frozen_vegetables_are_we_giving_up_nutrition_fo
2. http://www.fruitsandveggiesmorematters.org/whats-in-season

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High Quality Chocolate:

Dark chocolate wins over milk chocolate due to a higher proportion of flavanols which provide a host of health benefits.[1]

The higher the cocao percentage the more flavanols so pay attention to the percentage marked on the label.[1]

Check your label!
The amount of flavanols can also be impacted by the way the chocolate is processed from the raw cocao bean. If the label reads "processed with alkali" then there will a lot less flavanols. Avoid these chocolates.[1]

Healthy Dark Chocolate Brands:

- Pascha – non-GMO, fair trade, organic, no soy lecithin[1]
- Sweetriot – Organic, Fair trade[1,2]
- Alter Eco – Organic, Fair trade[1,2]
- Ghirardelli Intense Dark – Available in bars or small squares[1]
- Godiva – Not processed with alkali[1]
- Lindt – Some bars are processed with alkali but not all; check your labels[1]
- Green & Blacks – Organic, non-GMO, some includes soy lecithin; check your labels[1]
- Valrhona[1]
- Moser Roth[1]
- Endangered Species[1]
- Chocolove – Fair trade[1]
- Taza – Organic[1,2]
- Vivani – Organic[1]
- Giddy Yoyo – Raw, Organic[1]
- Theo – Organic, Fair trade, Non-GMO[1,2]
- Scharffen Berger[1]
- Equal Exchange – Organic, Fair trade[2]
- Good Cacao – includes a line of supplement enhanced chocolates for an extra boost[2]
- Dandelion Chocolate[2]
- Righteously Raw – Raw processing[2]
- Sacred Chocolate – Raw, Organic[2]

1. https://healthyeater.com/dark-chocolate-best-and-worst
2. http://www.livestrong.com/slideshow/1011272-12-clean-dark-chocolate-bars/

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High Quality Nuts

Organic and raw is the way to go when choosing nuts. This ensures the highest density of nutritional value.[1]

Go nuts for these nuts:

- Macadamia – high content of monounsaturated fat (MUFA[1,2]
- Pecans – rich in vitamin E[1,2]
- Walnuts – anti-inflammatory, rich in Omega-3 fatty acids[1,2]
- Almonds – Rich in vitamin E, contains fiber[1,2]
- Brazil Nuts – rich in selenium; high levels of selenium can be harmful; stick to only 1 serving (5-6 nuts)[1,2]
- Pistachios – contains vitamin E, B6, and potassium[1,2]
- Cashews – rich in iron and zinc[2]
- Hazelnuts – rich in vitamin E and MUFA[2]

1. http://articles.mercola.com/sites/articles/archive/2015/10/19/best-nuts-seeds.aspx
2. http://www.everydayhealth.com/diet-and-nutrition/0406/why-you-should-go-nuts-for-nuts.aspx

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