

# TIPS ON HOW TO SHOP AND MAKE BETTER CHOICES WITH EASE

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## What is it that stops people from eating healthier?

### 1. Where they shop and the choices they make:

- A. Start shopping at a store that has healthy choices (Trader Joes, Sprouts)
- B. When you shop at a store that has healthy choices you automatically improve the quality of the food you bring home.
- C. It can take a bit of time to be familiar with the products in a store.
- D. Take it one section at a time, for example if you need to be eating a high fiber oat cereal, on one trip to the store just read the labels on the cereal's to find the product for you. After that you will know which one to pick up.
- E. Your next trip to the store look in the meat section for the hormone and antibiotic free and if possible free range and fed organic feed.
- F. Then the next time you can look at the dairy case, choose hormone free and antibiotic free products when available.
- G. Even though eggs are not a dairy product most stores will keep them in the dairy case so choose hormone free and antibiotic free and well as free range.
- H. In the frozen food sections choose organic when possible. The more we purchase organic the lower the prices will be and yet I usually pay maybe 10 to 20 cents more for organic peas or green beans than those treated with pesticides.
- I. Fish: always choose wild, not farmed.

### 2. To busy to cook and when you eat out.

- A. You can make a big salad (green, pasta, or fruit). These can last for up to five days.
- B. Make a crock pot dish and double the recipe. You will not only have food for that night but also you can freeze it into individual servings and take it for lunch or another dinner or two.

- C. You can roast a turkey (do not stuff) and roast a variety of vegetables with it. You will have a great Sunday dinner and plenty leftover to put on a salad or for a soup.
- D. Almost any meal you make can be doubled and frozen or saved in the refrigerator for another meal later that week.
- E. When you do eat out you can choose salads and ask for the dressing on the side
- F. Get your hamburger or chicken sandwich protein style which is lettuce wrapped. And get a bottle of water instead of a soda.
- G. Lots of delis will offer fruit on the side instead of fries or chips.
- H. Try making turkey burgers instead of beef burgers they have much less fat.
- I. Use sweet potato instead of white potato for baking mashing or roasting they don't have starch.
- J. Try one new fruit, vegetable, sauce, meat, legume, or bean each time you go to the store.
- K. Try preparing foods a different way than you usually do. For example I found that my family loves roasted Brussels sprouts and only likes them steamed.

### **3. How to get other family members to change with you.**

- L. Don't make huge changes all at once.
- M. Share with them why the new foods are better for them.
- N. They will get use to the different foods. My sons told me they would not eat gluten free breads, pastas, tortillas and cereals. I just kept on serving it and they continued to grumble for a while. Now we have been gluten free for two years and they eat the organic spouted wheat tortillas and love them.
- O. If you are the one doing the shopping and that is all there is in the house then they will eat it.
- P. When the food in the house is healthy and wholesome even if you eat all the wrong stuff at the party, baseball game or Aunt Martha's you have still been successful.
- Q. The younger you start them the easier it is.
- R. Our immune systems are compromised and not as efficient as they should be when we put foods into our bodies that are full of dies, preservatives and pesticides.
- S. Foods that have hormones and antibiotics in them will affect our hormonal balance and make us resistant to antibiotics.

- T. The fresher and least prepared and preserved are the most nutritional.
- U. Our bodies use the food we eat to build new cells and maintain our bodies.
- V. When you eat nutritionally deficient food you are not giving your body what it needs to maintain itself.
- W. Did you know that if you consume four tablespoons of white sugar your body will not absorb or make any amino acids for 12 hours? So when you give your child Fruit loops for breakfast and a Sprite with his dinner his amino acid production was stopped for 24 hours. We usually have about a year's supply of stored amino acid to draw from. When that storage is gone illness and disease will start to manifest.
- X. Educate yourself and your family when you know why you are making the changes it is easy to stick to it.
- Y. If you have a member of the family that continues to undermine you're efforts ask them why and consider counseling. **Especially if you have a health issue that makes it mandatory for you or another member of the family you are responsible for such as a child or elderly person. If you or another family member has been told by a doctor you must make dietary changes and another member knowing this continues to undermine you seek a therapist because there is more going on here than just food.**