

WHAT NOT TO SHOP.

Your health begins in your shopping basket, so start by following these simple rules:

- Take your time** when you do your food shopping. This is the starting point for yours and your family's health.
- Read all the labels** carefully –take a magnifying glass if you have to. Most food manufacturers make sure the “small print” is microscopic, making it easier to hide all kinds of nasty ingredients.
- Do not trust the words “all natural”, “only natural ingredients” or even “organic” on the labels. Many organic products are highly** processed and contain hidden processed sugars and fats, which are no good.
- Keep it simple. **Buy foods in their original state**, such as fresh vegetables and fruits, or fresh meat and fish –if you are not vegetarian-. Fruit desserts didn't fall from trees and fish cakes didn't swim in the sea!
- **Don't buy any foods that have been cooked, baked or prepared by someone else.** Do the cooking and baking at home.
- Avoid packaging as much as you can, specially plastics.** Introduce in your life the habit of **shopping at your local market, organic butcher, cheese shop and grocery store**, where foods are not pre-packaged in plastic wrapping. You will also enjoy food shopping much more, and you'll support the smaller commerce!

-Download an E-number app so you can check the E additives in the labels on your mobile.

We like E Food Additives

<https://itunes.apple.com/nl/app/e-food-additives/id326134581?mt=8>

and Food Additives Checker

<http://enumbersapp.com/en/1>

The following foods should never go in your shopping basket:

a. Foods with orange or red E numbers (check on your E-number app)

b. Foods with more than 5 ingredients in the list. Ideally 4 max.

c. Foods with long-words or complex named additives and chemicals such as “butylated Hydroxyanisole” (BHA) or “acelsufame-K”. These are simply not foods.

d. Pre-prepared foods that need to be warmed up in a micro-wave or oven. Even pre-prepared sushi in containers at the supermarkets contains high levels of sugars and nasty additives.

e. Pre-bottled juices, with the only exception of those guaranteed to be bottled on the day.

f. Artificial sweeteners. You don't need to learn the names, as long as you follow the rule of **no chemical names in your food** (saccharin, aspartame, Aspartyl-phenylalanine-1-methyl ester, maltitol, Calcium cyclamate, Dextrose, etc)

h. Cookies, cakes, crisps and salty snacks such as Cheetos, Digestive cookies and salty nuts. Even the “healthy” options.

e. Fish with high mercury and toxin levels, check them in the list of What Not To Eat.

f. Cured and processed meats which contain any nitrates.