

Only Organic - OK Non-Organic, Seafood, & Plant Protein

I continue to build lists of what to buy only organic, and what is generally going to be OK to buy non-organic, meaning low in synthetic pesticide, herbicide and/or fungicide residue. There are plenty of lists of top 7, 10, or dozen, but not enough to build menus.

Since eliminating glyphosate is one of the strategies, buy Non-GMO. Buy local when possible where you can learn about farmers who meet all of the requirements for organic, yet keep their prices lower by selling all they can grow without needing a stamp of approval. Even if buying organic, always clean your produce.

Only Organic

1. Apples
2. Apricots
3. Beets
4. Blueberries
5. Carrots
6. Celery
7. Cherries
8. Coffee
9. Corn***
10. Cranberries
11. Cucumbers
12. Grapes
13. Green beans
14. Greens (collard, lettuce, kale*, spinach, Swiss chard)
15. Herbs and spices (cilantro, parsley, turmeric, ginger)
16. Nectarines
17. Peaches
18. Pears
19. Peppers – sweet bell & hot**
20. Potatoes**
21. Raspberries
22. Squash – summer & winter
23. Strawberries
24. Sweet potatoes
25. Tomatoes**
26. Zucchini

Should Be OK Non-Organic

1. Artichoke
2. Asparagus
3. Avocados
4. Bananas
5. Broccoli*
6. Brussel sprouts
7. Cabbage
8. Cantaloupe
9. Cashews
10. Cauliflower
11. Eggplant**
12. Garlic
13. Grapefruit
14. Honeydew melon
15. Kiwi
16. Mangoes
17. Okra
18. Onions
19. Oranges
20. Papayas
21. Peas
22. Pineapple
23. Quinoa***
24. Sweet Peas
25. Tangerines
26. Watermelon

What is “healthy” for you will depend on the health of your thyroid and of your gut lining.

* Cook if you have a thyroid dysfunction.

** Nightshades are high in lectins that can easily damage your gut lining – avoid until your gut is healed.

***Grains, pseudo-grains (corn, quinoa), and legumes also contain lectins – gluten is a type of lectin – and phytic acid that binds to zinc, iron and calcium preventing absorption. Pseudo-grains and legumes also contain saponins that if they get through your gut lining destroy red blood cells, soooooo..... Not until you heal your gut!

Grocery Lists

Cut along the dotted line to have a handy sheet to take shopping.

Only Organic	OK Non-Organic
1. Apples	1. Artichoke
2. Apricots	2. Asparagus
3. Beets	3. Avocados
4. Blueberries	4. Bananas
5. Carrots	5. Broccoli
6. Celery	6. Brussel Sprouts
7. Cherries	7. Cabbage
8. Coffee	8. Cantaloupe
9. Corn	9. Cashews
10. Cranberries	10. Cauliflower
11. Cucumbers	11. Eggplant
12. Grapes	12. Garlic
13. Green Beans	13. Grapefruit
14. Greens	14. Honeydew Melon
15. Herbs & Spices	15. Kiwi
16. Nectarines	16. Mangoes
17. Peaches	17. Okra
18. Pears	18. Onions
19. Peppers	19. Oranges
20. Potatoes	20. Papayas
21. Raspberries	21. Peas
22. Squash	22. Pineapples
23. Strawberries	23. Quinoa
24. Sweet Potatoes	24. Sweet Peas
25. Tomatoes	25. Tangerines
26. Zucchini	26. Watermelon

Sustainable
1. Albacore tuna
2. Anchovies
3. Herring
4. Pacific Cod
5. Sardines
6. Fish roe
U.S. Farm Raised
1. Catfish
2. Mussels
3. Oysters
4. Pacific halibut
5. Rainbow trout
OK Occasionally
1. Bluefish
2. Grouper
3. Atlantic mackerel
4. Marlin
5. Orange roughy
6. Sea bass
7. Tuna
Don't Eat – EVER!!!
1. King mackerel
2. Shark
3. Swordfish
4. Tilefish

Fish – More Mercury than Selenium

Selenium binds with mercury and is passed. Therefore, most to be avoided are those with high mercury and low selenium.

Don't eat, EVER!!!

- King mackerel
- Shark
- Swordfish
- Tilefish

Fish – High Omega 3s & Sustainable

The lower on the food chain, and the shorter the life cycle, the lower the accumulation of mercury, PCBs and other toxins.

- Albacore tuna
- Anchovies
- Herring
- Salmon (Alaskan sockeye)
- Sardines
- Fish roe

Fish – More Selenium than Mercury

Next to avoid are fish highest in mercury, though with more selenium, so may be OK occasionally.

- Bluefish
- Grouper
- Atlantic mackerel
- Marlin
- Orange roughy (formerly “slimehead”)
- Sea bass (formerly “toothfish”)
- Tuna

Fish – High Omega-3s - Farm-Raised OK

U.S. fish farms are improving, e.g., farming their own algae to feed fish. These should be OK occasionally.

- Atlantic mackerel
- Catfish
- Mussels
- Oysters
- Pacific halibut
- Rainbow trout

When eating “fatty fish”, eat the whole fish, including fat and skin. For canned fish including mackerel and sardines, eat skin and bones, too! Try to buy sustainable. For example, go with cod from Alaska rather than other Pacific or Atlantic cod.

If you do choose farm-raised, stick with U.S. farm-raised where the industry has advanced considerably. Go to <http://www.seafoodwatch.org/seafood-recommendations/consumer-guides>, for the regularly updated guides for sustainable fish produced by the Monterey Bay Aquarium.

Shellfish – Omega-3 & Other Key Nutrients

Shellfish are a great source of nutrients. In addition to Omega-3s, look to shellfish for:

<u>Nutrient</u>	<u>Shellfish</u>
B ₁₂	clams, oysters, mussels
Zinc	oysters, scallops
Selenium	oysters, mussels, clams, lobster, scallops
Copper	oysters, lobster
Iron	clams
Cholesterol	shrimp

Octopus is a great source of omega-3 fat, protein, selenium and cholesterol

Plant Protein – in answer to a question, “John, what the heck is plant protein?”, when seeing that those in chronic pain need more protein and to include protein from plants.

1. Almonds – 6g per ¼ cup – vitamin E and magnesium
2. Artichoke – 4g per medium – fiber, folate, calcium and Vitamin K
3. Asparagus – 4g per cup – fiber, B6, calcium, magnesium, zinc, folic acid, etc.
4. Avocado – 4-8g per avocado – good fats, lutein, magnesium, potassium and folate
5. Beans – 6g-7.5g per ½ cup cooked – black, lima, kidney, mung, pinto, garbanzo
6. Broccoli – 4g per cup – good source of fiber, vitamin A, C, potassium and vitamin K
7. Brown rice – 5g per cup cooked – fiber, B vitamins, selenium and magnesium
8. Brussel sprouts – 4g per cup – good source of fiber and rich in vitamin C
9. Buckwheat (soba) – 6g per cup cooked – gluten-free seed – source of arginine and lysine
10. Cashews – 5g per ¼ cup – magnesium and copper
11. Chia seeds – 3g per tbsp. – Omega-3 ALA (alpha-lipoic acid)
12. Chickpeas – 6g per ½ cup serving – high in magnesium and folate
13. Edamame – 9g per ½ cup cooked – organic, complete protein, all essential amino acids
14. Hemp seeds – 5g per tbsp. – rivaled only by spirulina as a complete protein
15. Kale – 2.5g per cup cooked – antioxidants, calcium, iron, selenium, and vitamin C
16. Lentils – 9g per 1/2 cup cooked – source of folic acid
17. Mushrooms – 2g per 3 oz. – selenium, B vitamins folate and niacin
18. Nut butters – 8g per 2 tbsp. – almond, cashew, walnut – B vitamins and minerals
19. Peas – 8g per cup cooked – good source of vitamin A and iron
20. Peanuts – 7g per ¼ cup serving or 2 tbsp. peanut butter – source of folic acid
21. Pistachios – 6.5g per ¼ cup – rich in potassium and fiber
22. Pumpkin seeds – 3g per ¼ cup - source of tryptophan, selenium, zinc and magnesium
23. Quinoa seeds – 8g per cup cooked – source of fiber, phosphorous, iron and magnesium
24. Seaweed – 2g per cup – rich in iodine, iron, zinc, magnesium, calcium and folate
25. Seed butters – 8g per 2 tbsp. – sunflower, sesame (tahini), pumpkin (high in zinc)
26. Sesame seeds – 7g per ¼ cup – fiber, iron, zinc and Omega-3 ALA
27. Spinach – 6g per cup cooked – high in iron, source of folate
28. Spirulina – 6g per 10g – blue-green algae, complete protein, all essential amino acids
29. Steel-cut oatmeal – 5g protein per ¼ cup dry – lower glycemic index than rolled oats
30. Sun-dried tomatoes – 2g per ¼ cup - most protein fruit, potassium, vitamin k
31. Sweet Potato – 5g per cup – vitamin C, magnesium, potassium
32. Wild Rice – 6.5g per cup cooked – fiber, folate, iron and copper

Plant Based Protein Powders

- SunWarrior – Warrior Blend – Organic raw pea, cranberry and hemp
- Garden of Life – Raw Protein – Organic sprouted brown rice, amaranth, quinoa, millet, buckwheat, garbanzo, lentil, adzuki, flax, sunflower, pumpkin and chia.
- Alive! Ultra-Shake Pea Protein

Consult your physician before beginning exercise, fasting, changing any medications, or taking supplements.