

Food Recommendations

Things to remember:
 -Check food labels you will be surprised what you will find. Try to avoid things you can't pronounce, high fructose corn syrup, MSC, aspartame, sucralose (Splenda).
 -Some of the items on this list still aren't great (like the snacks) but they are better than others.
 -Take advantage of the Greenwise section at Publix.

Product	Brand	Where Found	Notes
Meats			
Chicken	Springer Farm	Publix, Kroger	Antibiotic free, hormone free
Ground Beef	White Oak Farms	Publix	Grass fed, no antibiotics, hormone free
Deli Meat	Applegate Farms	Harry's	No antibiotics, hormone free, no additives
Turkey Hot Dogs	Wilshire Farms	Harry's	No nitrites, no additives
Turkey Bacon	Wilshire Farms	Harry's	No nitrites, no additives
Turkey Breast	(can't remember)	Costco	No antibiotics, hormone free, no additives
Note: Harry's carries some grassfed beef, all natural chicken, turkey/chicken sausages, etc.			
Cereals			
Oatmeal	Bob's Red Mill Scottish Oatmeal	Kroger, Harry's	organic and regular, smoother consistency
Creamy Wheat	Bob's Red Mill or Farina	Kroger, Publix, Harry's	very smooth consistency
Children's Cereals	Cascadian Farms	Kroger, Publix, Harry's	less sweeteners, no additives
Children's Cereals	Mother's	Kroger, Publix, Harry's	natural sweeteners, mimic sweet brands
Oils			
Extra Virgin Olive Oil	several	Kroger, Publix, Harry's	Look for good quality, expeller pressed
Extra Virgin Coconut Oil	several	Kroger, Harry's	Look for good quality, expeller pressed, Meridian some great recommendations
Sweeteners			
Turbinado Sugar	several	Kroger, Publix, Harry's	Still sugar and should be limited but more natural
Honey			
Maple Syrup			look for 100% maple syrup with nothing added (for high fructose corn syrup)
Condiments			
Ketchup	Westbrae	Some Publix, Some Kroger, Harry's	All natural, fruit sweetened, no additives
Grapeseed Oil Veganaise	Follow Your Heart	some Publix, Harry's	mayo substitute, very tasty and healthy
Salsa	Zapata Fire Roasted Salsa Roja	Publix, Kroger	My favorite but there are lots of all natural salsas available at any store
Sauerkraut	Bubbies	Publix, Harry's	No vinegar, all natural
Pickles	Bubbies	Publix, Harry's	No vinegar, all natural
Snacks			
Granola Bites	Costco	Costco	Natural ingredients with healthy things like flax, honey, oats, etc
Cookies	Back to Nature	Anywhere	Better alternative - no hydrogenated oils, less sugar
Tortilla Chips	Newman's Own Garden of Eatin'	Anywhere Publix, Kroger, Harry's	Better alternative - no hydrogenated oils, less sugar Better ingredients, organic
Juices			
Orange Juice	Uncle Matt's Organic OJ	Publix, Harry's	Made from organic oranges
Pomegranate Juice	POM	Publix, Kroger, Harry's	Natural, full of antioxidants
Smoothies/Lemonade	Boathouse Farms	Publix, Kroger, Harry's	Natural, organic, (still has sugar but better)
Juice Boxes	Apple & Eve	Harry's, Costco	100% juice
Fruits/Vegetables			
Publix and Kroger have sections with organic fruits/vegetables and Harry's has a huge selection.			
Eggs			
Look for organic, cage free, grain fed, no byproducts, antibiotic and hormone free			
Fish			
Do not buy farm raised fish, look for ocean caught, fresh fish. Harry's is the best for this- the folks working the fish counter are very helpful.			