

GOOD FOOD RULES

What to look for when you're shopping for foods that come in a bag, a box or a jar.

Next time you're browsing the aisles of your favorite grocery store, trying to decide which products to toss into your cart, whip out your **Natural Health's Good Food Rules**. Created by *Natural Health's* panel of experts, this handy wallet-size list will help you make smarter choices for you and your family.

Print out the Good Food Rules, cut along the dotted line, fold it twice and keep it in your wallet.

Good Food Rules - What to look for when you're shopping for foods that come in a bag, a box or a jar.

Natural Health

To judge the hundreds of products we received, we followed these guidelines created by our panel of experts. Use 'em as a guide when you're at the grocery store, reading food labels and trying to figure out whether or not to toss a product into your cart.



1 **The first ingredient should be representative of what the product is.** For example, the first ingredient listed on a package of mango juice should be mangos—not apple juice.

2 **Ingredients should be mostly recognizable.** The following (often unrecognizable) additives are safe: acids (citric, sorbic, lactic); alginates, annatto; carrageenan; casein and lactose; gelatin; glycerin; lecithin; monoglycerides and diglycerides; natural flavorings; pectin; sorbitol; vanillin.

3 **There should be none of following food additives:** hydrogenated fats; artificial food colors; nitrites and nitrates; sulfites; artificial sweeteners (aspartame, acesulfame-K, and saccharin); MSG; preservatives (BHA, BHT, EDTA, THBQ); artificial flavors; refined flour.

4 **There should be reasonable amounts of sodium and sugars per serving.** Actual numbers for sodium and sugars will vary greatly depending on the food. For example, a canned soup with higher levels of sodium, but that's loaded with whole ingredients and no artificial additives, is fair game.

5 **There should be optimal amounts of fiber, vitamins, minerals and nutrients—depending on the food.** For example, whole grain bread should have a good amount of fiber; yogurt should be high in calcium.

6 **Kudos to companies implementing eco-conscious practices.** Organic, fair trade, compostable packaging—these mean great things for our health and environment.

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