



EATING 4 HEALTH

- ✓ Look and feel great from the inside out
- ✓ Reverse common health conditions
- ✓ Discover foods that work for you
- ✓ Gain more energy and restful sleep
- ✓ Achieve and maintain weight loss





Primo Health Coach's science-based and integrative approach utilizes a whole foods diet along with proper nutrient supplementation to support the body in its natural healing processes. Recommendations are personalized taking into account your unique needs and preferences. I specialize in gluten sensitivity, Celiac Disease, autoimmune disorders and their related conditions.

Our first appointment is FREE!

**Call now to schedule your complimentary
15 minute health and nutrition assessment.**

Primo Health Coach Programs

Health and Nutrition Assessment
Functional Blood Chemistry Analysis
Gut Repair Program
Detox 360 Program
Individualized diet and meal planning

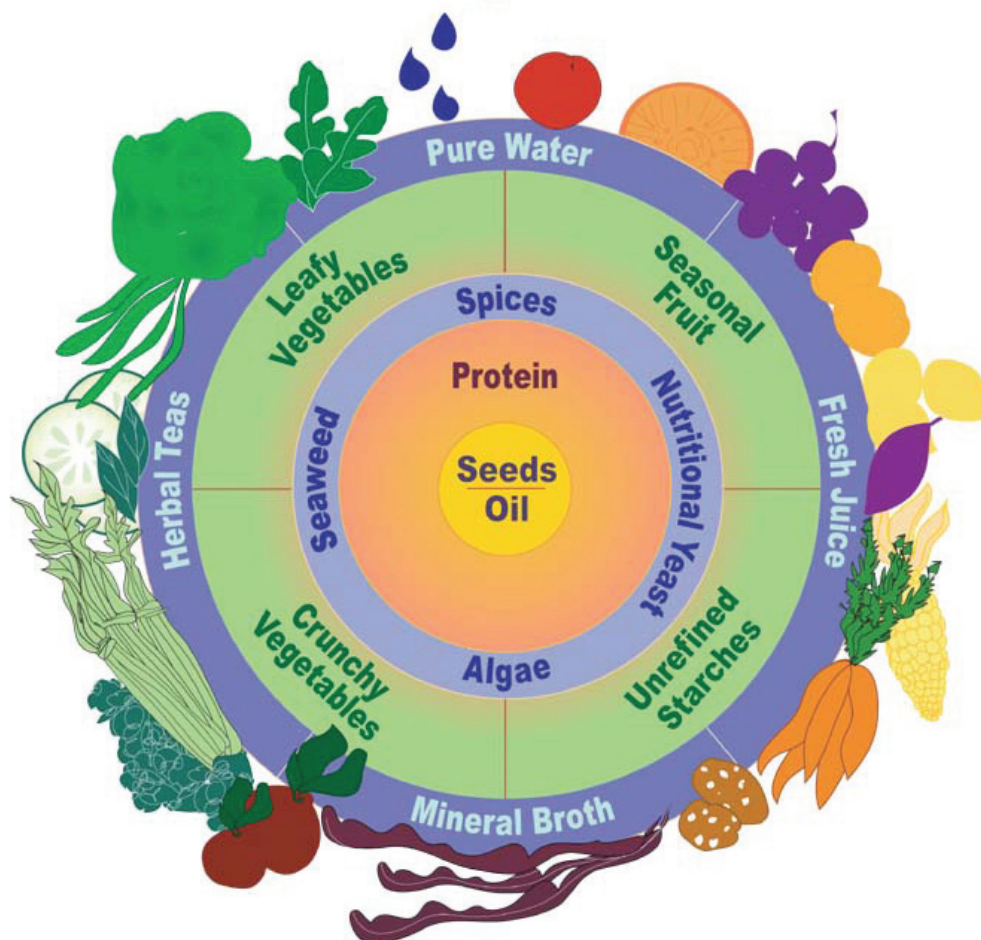


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Eating 4 Health



A Rejuvenating Food System
 © by Edward Bauman, Ph.D.

★
Organic, Seasonal, Nutrient-rich, and Individualized

	SEEDS/OILS	PROTEIN	LEAFY VEGETABLES	CRUNCHY VEGETABLES	UNREFINED STARCHES	SEASONAL FRUIT	BOOSTER FOODS
Daily Servings	2-3	2-4	1-3	1-3	2-4	2-4	2-4
Serving Size	1 Tbsp. oil 2 Tbsp. seeds	3 oz. animal 6 oz. vegetable	1 cup	1/2 cup	1/2 cup root vegetable, grains, bread.	1/2 cup or 1 med. piece	1 tsp. to 1 Tbsp.
Examples	Flax, sunflower, sesame, and almonds.	Poultry, fish, eggs, milk, and beans.	Salad mix, kale, and spinach.	Broccoli, string beans, cukes, onions, celery.	Yams, winter squash, corn, millet, rice.	Berries, apple, grape, and citrus.	Nuts, yeast, seaweed, algae, spices.

Introduction to the Eating for Health Model

The Eating for Health Model was designed by Dr. Ed Bauman, of Bauman College, as a way to view your relationship to food. You can use this model to build your nutrition plan as well as your wellness plan - your plan for life. This model is adaptable to whatever temporary or long term needs you may have for your health. It is the foundation for a healthy diet and lifestyle.

You will notice that this model is based on organic, seasonal, nutrient rich, whole foods. There are no processed foods or synthetic foods in this model. To illustrate the Eating for Health Model we use a mandala with seeds and oil at its center. This is not to say that these foods are most important, or least important, but rather central to building the healthy diet. And in volume these foods make up the least part of the diet.

The next ring on our mandala, surrounding seeds and oil is the protein ring. Proteins are the building blocks of all of our tissues. It is essential to consume healthy and clean proteins from both animal and plant sources. A smaller ring surrounding the proteins contains what are known as booster foods. These are nutrient dense foods that pack a punch of healthy vitamins, minerals and other micro-nutrients. These can be used to "boost" the nutritional value of our meals.

Making up the greatest portion of our mandala and our diet are the fruits, vegetables and unrefined starches (or grains) in all of their variety and richness. In the Eating for Health Model these foods make up the bulk of a healthy diet; it is a predominantly plant-based diet.

Lastly we have the ring that contains the healthy beverages. You will notice there are no sodas or other fountain type drinks on here. Beverages that are a part of a healthy diet include water, herbal teas, fresh juices and mineral broths. These are the drinks that will complement your healthy food model for your diet.

Now depending on your immediate needs for nutrition, this model is adaptable to suit those needs. The approaches to the model can be broken down into different directions: building, balancing and cleansing.

For example, if you are in recovery from some injury, illness or surgery, you may want to take a building direction with your diet. In this diet direction you would consume 25-30% protein, 30-40% fat and 30-45% carbohydrate. This approach will help you to increase heat, endurance, body mass and hormones. A typical building meal may include

some whole grain with steamed greens and a large salad with dressing made from sesame, miso and lemon in equal amounts.

The balancing approach is good for maintaining steady, balanced energy and mood. This is a good “middle-of-the-road” direction. It consists of 15-25% protein, 15-25% fat and 50-70% carbohydrates. Now remember our carbohydrates on our mandala will come predominantly from fruits, vegetables and unrefined grains. A typical meal in this approach may include a bowl of rice, beans and cooked vegetables.

Lastly a cleansing diet direction is wonderful to use in the spring to renew the body and cleanse the organs. This approach will help disperse waste, heat, stagnation and weight. To follow this plan you would consume 10-20% of your healthy proteins, 10-20% healthy fats and 60-80% carbohydrates. The carbohydrates should come mostly from fruits and vegetables and occasional starches.

You may try different directions with your diet to determine which one feels best or seems right. Someone may do better mostly on a cleansing diet, while others may feel best on the building diet. The key is to stick with the foods that are available to you in the Eating for Health Model. If you do, it's hard to go wrong.

The Eating for Health Model contains the building blocks for a healthy nutritious diet and lifestyle. By remembering these foundational principles and adhering to the suggestions as much as possible you can be assured of providing your body what it needs to grow healthy and live long.

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Jodi Freidlander, NC and Ed Bauman, Ph.D.

What is Your Diet Direction?

Establishing a diet direction is a way to organize the amounts and varieties of foods one chooses to consume in order to achieve a specific effect. Our lives, as with everything else in nature, run in cycles. We have daily, monthly, and seasonal cycles, as well as progressing stages of life. Learning to eat to support our nutritional requirements for all of these can help us achieve healthful eating patterns and prevent us from getting into nutrition ruts.

The three main diet directions are:

- Building
- Balancing
- Cleansing

Though these directions are based on ratios of protein, fat, and carbohydrates, they do not exist in a macronutrient vacuum. No matter the direction, their health-conferring properties are dependent on optimal levels of high quality micronutrient-rich foods. These include both animal and plant foods, sustainably and cleanly raised, and prepared in ways that preserve or improve the integrity and bioavailability of their nutrients.

The benefits of following each of these three diet directions are discussed below. The length of time one follows a designated diet direction depends on his or her health status. It is common for a person to follow a Cleansing diet for 7–14 days at a time to achieve a

healing, cleansing effect. The Building and Balancing directions tend to be the default directions for most people, with a health supporting balance of macronutrients. Cleansing provides too little fat, and sometimes too little protein, to be undertaken for long periods of time. For purposes of healing tissues, organs, and body systems, Balancing and Building directions can be alternated, depending on season and need. A Building diet program often works best for those who are tired, nutrient depleted, and have a long history of eating poor-quality foods. Its larger amounts of high quality fats are satisfying and health building, and some people find this direction suitable long-term.

As Bauman College graduates, you can help clients evaluate the benefits and timing of each direction and help teach them the art of understanding their own diet direction requirements.

Building Diet

Many people with chronic endocrine or immune system disorders, carbohydrate cravings, and excess weight feel better if they follow a Building Diet, which includes fewer starchy carbohydrates, moderate-to-high protein, and more fats.

The Paleolithic (Paleo) Diet is a Building diet, with its formula of 15 – 35% calories from protein, up to 65% calories from fats (varies among writers), and 20 – 40% calories from carbohydrates. The Atkins Diet, a high-protein, high-fat, limited-carbohydrate diet, is another type of Building diet — albeit not a very healthful one.

Building diets are appropriate for people who are growing rapidly, like children and teenagers, as well as for athletic individuals, adults doing manual labor, or those recovering from illness or injury. The Building direction is also often useful for weight loss and is an appropriate direction during winter's cold temperatures.

Eating for Health suggests animal protein sources include organ meats as well as muscle, and that broths be made from bones, in order to supply healthful amino acids and nutrients missing from the flesh.

It is crucial that a person on a Building diet eats ample amounts of fresh vegetables (5 or more servings per day) and low-sugar fruits (2–3 servings per day) and drinks herbal teas rather than caffeinated beverages to maintain a healthy acid-alkaline (pH) balance.

Balancing Diet

A Balancing Diet is comprised of a higher proportion of carbohydrate foods and less fat than is found in the Building direction, though there is some overlap between the two. A prudent application of the USDA MyPlate is an example of this direction.

A Balancing diet would include a wide variety of healthful foods and would typically supply 20% of calories from protein, 30% of calories from fat, and 50% of calories from carbohydrates. It can be a long-term, healthful direction for those with undamaged metabolisms, and is often a good option as the weather

warms, as it emphasizes increased amounts of cooling vegetables and fruits. The key to this approach is that the foods be seasonal, local, and organic whenever possible. The Balancing diet in the Eating for Health approach is quite different than the so-called “balanced diet” advised by industry-driven nutritionists and dieticians.

Many people today are confused about carbohydrates, thinking they are all bad. In fact, unrefined starchy carbohydrates are an essential part of the diet. It is refined carbohydrates in the form of flour and sugar that wreak havoc on one's health. The health-promoting unrefined carbohydrates include grains, vegetables, and fruits.

Eating for Health suggests using whole, non-gluten grains, such as rice, millet, and quinoa, as staple grains (in lieu of the traditionally overly consumed and more allergenic wheat, corn, oats, and rye) and soaking or fermenting them for optimal nutrient availability. Roughly equal amounts of fruits and vegetables may be consumed, with an emphasis on eating whole fruits rather than juice or fruit products made from concentrates, to moderate the amount of sugar the body will have to metabolize at one sitting. Small amounts of raw fermented foods are also recommended for all diet directions to supply beneficial bacteria, enzymes, and enhanced nutrient content. More carbohydrate confusion ensues due to both starchy and non-starchy being lumped under one umbrella term.

It is true that some people maintain better health if they limit their grain intake. However, they should still be consuming starchy carbohydrates in the form of tubers, winter squashes, and root vegetables. Non-starchy vegetables (leafy greens, broccoli, celery, etc.) should not be limited and do not count when reducing carbohydrate intake.

Cleansing Diet

A Cleansing Diet will consist of significantly more calories from carbohydrates (>60%) relative to proteins ($\leq 20\%$) and fats ($\leq 20\%$). This is a fat-sparing, adequate-protein, high-unrefined carbohydrate, low-glycemic (sugar content) diet. The Ornish, Weil, McDougall, and hypoallergenic diets are all in this category.

The main objective is to lower the fat content while maintaining adequate protein and increasing the amount of fruits and vegetables in the diet. Dairy products, eggs, wheat, soy, citrus, peanuts, and tree nuts would also be eliminated due to their being possible allergenic foods. Proteins from vegetable sources such as beans and legumes, seeds and nuts, and marine algae would be preferred over meat, fish, or fowl, though broths made from the bones of pastured animals can be very supportive of the cleansing process.

Maintaining an alkaline-forming diet by including generous amounts of fresh fruits and vegetables, as well as their juices, fermented vegetables, and

chlorophyll-rich foods like herbs and micro-greens powders, would replenish the micronutrients that are commonly missing from a non-plant-based diet.

Using a Diet Direction Effectively

The key to successfully applying a diet direction is to build the food plan on top-quality whole foods. Food quality is diminished in most restaurants and with most packaged food items. Fresh is always best.

One's diet direction is a reminder to eat more of certain kinds of foods, such as nuts and seeds in a Building diet, and less of other foods, such as bread products in a Cleansing diet. Having an intention to eat well helps a person decide what to eat and what to pass up. Cookies, candy, ice cream, sodas, and foods with artificial colors, flavors, and preservatives are best left on the shelves, no matter one's diet direction.

As individuals make more conscious food choices, they are more in touch with how certain combinations of foods feel to them. At certain times of the day, when hunger hits and hits quickly, such a person knows what foods to keep on hand to satisfy hunger while at the same time providing nourishing energy. Almonds with raisins are more nourishing than a Milky Way® candy bar, and the energy that is produced clears the brain and mobilizes the body into action.

Eating for Health is a skill that is learned with the support of a food coach who can serve as a mentor and resource.

Replacing depleting foods in the diet with health-promoting ones is a gradual process, but one new food per week will increase a person's repertoire by four foods per month, or 48 foods per year.

What about parties or a food craving that just won't quit? It is fine to socialize occasionally with special food and drink. It is what we consume habitually that makes or breaks our health. The key is to not be too hungry or tired before a big occasion, or else overeating and excessive drinking may prevail.

Proper food choices provide a strong nutritional foundation for life; help protect us from the health challenges we encounter, and allow us to live up to our potential as dynamic, creative human beings.

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Jodi Friedlander, NC and Ed Bauman, Ph.D.

Bauman College Diet Direction: Composition (as % of Calories)

DIET	BUILDING	BALANCING	CLEANSING
CARBOHYDRATES	20–40%	30–60%	60–80%
PROTEINS	15–35%	10–30%	10–20%
FATS	45–60%	20–45%	10–20%
PROTEINS: 2–4 oz animal 4–6 oz vegetable	4–6 servings daily	2–4 servings daily	1–3 servings daily
NUTS AND SEEDS:	4–6 Tbs	2–3 Tbs	1–2 Tbs (seeds, only)
BOOSTERS: 1 oz	5–7 times/wk.	5–7 times/wk.	5–7 times/wk.
FRUITS: ½ cup or 1 med.	2–3 servings daily low-sugar fruits	2–4 servings daily	4–5 servings daily
NON-STARCHY VEGETABLES: Crunchy: ½ cup; Raw leafy: 1 cup; Cooked leafy: ½ cup	Unlimited but at least 3–5 servings daily	Unlimited but at least 4–6 servings daily	Unlimited but at least 6–8 servings daily
STARCHY VEGETABLES: ½ cup	1–2 servings daily	1–2 servings daily	0–1 servings daily
WHOLE GRAINS: ½ cup	1–3 servings daily	3–4 servings daily	1–3 servings daily
FLUIDS: Water Herb Tea Fresh Juice Broths	4–8 cups daily* 2 cups daily ½ cup daily ½ cup daily	4–8 cups daily 3 cups daily 1 cup daily 1 cup daily	4–8 cups daily 2 cups daily ½ cup daily ½ cup daily

*Amount of water required will vary according to water content of foods and how many other beverages are consumed.

Bauman College Diet Direction: Characteristics

BUILDING	BALANCING	CLEANSING	DRAINING
Warming	Warming	Cooling	Stagnating to clogging
Concentrated	Neutral	Dilute	Concentrated
Stabilizing — Grounding	Comforting — Stabilizing	Ungrounding	Mood/energy swings
Slower to digest	Moderate digestion	Quick to digest	Slow to digest
Longer lasting energy	Longer lasting energy	Quick energy	Energy depleting
Congesting if overdone	Neutral to decongesting	Decongesting	Congesting
Alkaline-forming w/lots of greens	Alkaline-forming w/lots of greens	Alkaline-forming	Acid-forming

Wild or organic fish Organic or pastured meat & poultry Non-meat proteins: ➤ Eggs and raw dairy ➤ Nuts and seeds Limited whole grains; mainly non-gluten Lots of vegetables, emphasis on non-starchy; limited starchy & fruits Algae, seaweeds, yeast, bone broths, fermented vegetables, undenatured whey Spices and herbs	Wild or organic fish Organic or pastured meat & poultry Non-meat proteins: ➤ Eggs & raw dairy ➤ Nuts, seeds, & their milks Whole grains (non-gluten) Cooked vegetables, incl. starchy Raw vegetables & juices (incl. carrots and beets) Algae, seaweeds, yeast, bone & vegetable broths, fermented vegetables, undenatured whey Starchy fruits Green herbs, spices	Seeds & their milks Bone broths Sprouts Fresh fruits (no citrus) Fresh fruit and vegetable juices (except citrus, carrots and beets) Limited non-gluten grains Leafy greens and other non-starchy vegetables, raw and/or cooked Algae, seaweeds, yeast, vegetable broths, fermented vegetables Green herbs, spices Water and herb teas	Commercial vegetable oils, shortening, margarine Commercial meats, dairy, & poultry; commercial farmed fish Overheated oils Refined sugars Processed, packaged foods Refined flour products (pasta, bread, other baked goods) White rice Excess coffee Egg or soy-based protein powders
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Eating for Health Shopping List

Vegetables

5–6 servings per day. Choose fresh, deeply colored, in season, organically raised, and locally grown.

Brassica Family

- | | | |
|---|---|---|
| ☐ Arugula | ☐ Cauliflower | ☐ Mustard greens |
| ☐ Bok choy | ☐ Collards | ☐ Napa cabbage |
| ☐ Broccoli | ☐ Daikon | ☐ Radish |
| ☐ Broccoli sprouts | ☐ Kale | ☐ Rutabaga |
| ☐ Brussels sprouts | ☐ Kohlrabi | ☐ Turnip |
| ☐ Cabbage, red/green | ☐ Mizuna, rapini | ☐ Watercress |

Carotene Family

- | | | |
|---------------------------------------|--|---|
| ☐ Avocado | ☐ Mesclun salad mix | ☐ Sweet potato |
| ☐ Beets | ☐ Pumpkin | ☐ Tomatoes, fresh |
| ☐ Carrots | ☐ Radicchio | ☐ Tomato sauce |
| ☐ Chard, Swiss | ☐ Red pepper | ☐ Winter squash (acorn, butternut, delicata, hubbard, spaghetti, turban) |
| ☐ Corn | ☐ Romaine lettuce | ☐ Yam |
| ☐ Leaf lettuce | ☐ Spinach | |

Allium Family

- | | |
|---------------------------------|---|
| ☐ Garlic | ☐ Onions, red/yellow |
| ☐ Leeks | ☐ Scallions |

Other

- | | | |
|------------------------------------|--|---|
| ☐ Artichoke | ☐ Green beans | ☐ Peas, green |
| ☐ Asparagus | ☐ Jicama | ☐ Peas, sugar snap |
| ☐ Burdock | ☐ Mushrooms (button, crimini, enoki, maitake, oyster, portobello, shiitake) | ☐ Potatoes |
| ☐ Celery | ☐ Okra | ☐ Summer squash |
| ☐ Cucumber | ☐ Parsnip | ☐ Zucchini |
| ☐ Eggplant | | |
| ☐ Fennel | | |

Fruits

1–2 servings per day. Choose fresh, ripe, organically grown, deeply colored fruits (fresh or frozen).

Flavonoid Family

- | | | |
|---------------------------------------|---|---------------------------------------|
| ☐ Blueberries | ☐ Figs | ☐ Raisins |
| ☐ Blackberries | ☐ Gooseberries | ☐ Raspberries |
| ☐ Cherimoya | ☐ Grape, dark skin | ☐ Rhubarb |
| ☐ Cherries | ☐ Plums | ☐ Strawberries |
| ☐ Cranberries | ☐ Pomegranate | |
| ☐ Currants | ☐ Prunes | |

Carotene Family

- | | | |
|-------------------------------------|-------------------------------------|-------------------------------------|
| ☐ Apricot | ☐ Kiwi | ☐ Persimmon |
| ☐ Papaya | ☐ Mango | ☐ Watermelon |
| ☐ Guava | ☐ Nectarines | |
| ☐ Cantaloupe | ☐ Peach | |

Citrus Family

- | | | |
|---|--------------------------------|------------------------------------|
| ☐ Grapefruit, pink | ☐ Lime | ☐ Oranges |
| ☐ Kumquat | ☐ Lemon | ☐ Tangerine |

Other

- | | | |
|---------------------------------|------------------------------------|-----------------------------------|
| ☐ Apples | ☐ Pear | ☐ Plantain |
| ☐ Banana | ☐ Pineapple | ☐ Quince |

Beverages

- | | | |
|--|--|--|
| ☐ Almond, hazelnut, oat, or rice milk | ☐ Fruit juice (no added sugar): blueberry, cherry, cranberry, pomegranate | ☐ Green tea |
| ☐ Chai | | ☐ Herb tea |
| | | ☐ Vegetable juice |

Whole Grains

1–3 servings per day. Choose high-fiber products (≥ 3 g per serving) from a variety of grains.

- | | | |
|-------------------------------------|---|--|
| ☐ Amaranth | ☐ Kamut | ☐ Rye |
| ☐ Barley | ☐ Millet | ☐ Quinoa |
| ☐ Bread | ☐ Oats, steel cut | ☐ Spelt |
| ☐ Brown rice | ☐ Oat bran | ☐ Teff |
| ☐ Buckwheat | ☐ Pasta | ☐ Wheat berries |
| ☐ Crackers | ☐ Polenta | ☐ Wild rice |
| ☐ Cornmeal | ☐ Popcorn, air pop | |

Nuts & Seeds

1–2 Tbs per day. Choose organic raw or dry roasted.

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|--------------------------------------|--|--|
| ☐ Almonds | ☐ Nut butters | ☐ Sesame seeds |
| ☐ Brazil nuts | ☐ Pecans | ☐ Sunflower seeds |
| ☐ Cashews | ☐ Peanuts | ☐ Tahini |
| ☐ Filberts | ☐ Pistachios | ☐ Walnuts |
| ☐ Flax seeds | ☐ Pumpkin seeds | |

Legumes & Soy

1–2 servings per day

- | | | |
|---------------------------------------|---------------------------------------|-------------------------------------|
| ☐ Adzuki beans | ☐ Kidney beans | ☐ Split peas |
| ☐ Black beans | ☐ Lentils | ☐ Soy milk |
| ☐ Chick peas | ☐ Lima beans | ☐ Tempeh |
| ☐ Edamame | ☐ Mung beans | ☐ Tofu |
| ☐ Hummus | ☐ Pinto beans | |

Cold-Water Fish

1–3 servings (≤ 12 oz) per week. Choose high omega-3, low mercury fish (or omit and take purified fish oil daily).

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|--|--|--|
| ☐ Salmon (not farmed) | ☐ Cod, Halibut | ☐ Tilapia (farmed; choose U.S.-sourced, only) |
| ☐ Sardines | ☐ Haddock — 1x/mo | ☐ Trout |
| ☐ Scallops | ☐ Sole | ☐ Whitefish |
| ☐ Tuna, canned light | | |

Animal Foods

1–2 servings (≤ 8 oz) per week or less. Choose only organic, grass-fed (not grain-fed) lean meat and poultry; free of hormones, antibiotics, and nitrates.

- | | | |
|--|---|----------------------------------|
| ☐ Bison or beef | ☐ Elk or venison | ☐ Ostrich |
| ☐ Chicken | ☐ Lamb | ☐ Turkey |

Dairy & Substitutes

1–2 servings per day, as tolerated. Choose only organic, grass-fed, full- or low-fat.

- | | | |
|---|-------------------------------------|--|
| ☐ Asiago | ☐ Feta | ☐ Romano |
| ☐ Butter | ☐ Kefir | ☐ Yogurt (live) |
| ☐ Cottage cheese | ☐ Mozzarella | |
| ☐ Eggs, high omega-3 | ☐ Parmesan | |

Spices, Condiments

- | | | |
|--|--|---|
| ☐ Cider vinegar | ☐ Herbs, fresh: basil, chives, cilantro, dill, ginger root, parsley, rosemary, tarragon | ☐ Olive oil |
| ☐ Carob | | ☐ Salsa |
| ☐ Dark chocolate | ☐ Herbs, dry: bay, cinnamon, clove, cumin, oregano, pepper, thyme, turmeric (curry) | ☐ Unrefined sea salt |
| ☐ Flax oil | | ☐ Stevia |
| ☐ Miso | | ☐ Tamari, low salt |
| ☐ Nutritional yeast | | ☐ Vanilla, pure |

TO PREPARE YOUR ORGANIC SHOPPING GUIDE

1. Print
2. Cut along the dotted line
3. Fold in half length-wise (so all type is facing the same direction)
4. Fold in half width-wise with "Organic Shopping Guide" on the outside
5. Fold in half again with "Organic Shopping Guide" on the outside

Eating for Health Serving Guide	Daily Servings	Serving Sizes	Examples
Seeds & Oil	2-3	1 Tbs oil, 2 Tbs seeds	almond, sesame, sunflower, flax
Protein	2-4	3 oz animal, 6 oz vegetable	beans, eggs, fish, poultry, dairy, grass-fed beef
Leafy Vegetables	2-3	1 cup	salad mix, spinach, kale
Crunchy Vegetables	2-3	1/2 cup	broccoli, string beans, cukes, onions, celery
Unrefined Starches	2-4	1/2 cup whole grains, 1 med. root vegetable	yams, winter squash, corn, millet, rice
Seasonal Fruit	2-4	1/2 cup or 1 med. piece	berries, apples, grapes, citrus
Booster Foods	2-4	1 tsp to 1 Tbs	nutritional yeast, algae, Vital Scoop, spices, seaweed

Find out how Bauman College is right for you by scheduling an appointment with an advisor. Call us today at 800-987-7530.



For a more in-depth understanding of the *Eating for Health* model, enroll in one of our professional training programs, Nutrition Consultant or Natural Chef, or our 8-week personal growth course, Nutrition Essentials for Everyone.

800-987-7530
baumancollege.org

ORGANIC SHOPPING GUIDE

BAUMAN
COLLEGE
HOLISTIC NUTRITION
AND CULINARY ARTS



DEAR SHOPPER,

We recognize that organic options are not always affordable or available. To help you keep your shopping basket full of the healthiest choices, Bauman College has created the *Organic Shopping Guide*. This guide identifies food items that have low or high health risk based on their pesticide residue, hormone, and/or antibiotic content. It also provides *Eating for Health* dietary recommendations to guide you in making the best daily food choices for you and your family.

The *Eating for Health* recommendations in this guide are credited to Bauman College: Holistic Nutrition and Culinary Arts © 2013. All rights reserved. Printed on recycled paper.

BUY ORGANIC*

These products, when farmed conventionally, are among the highest in pesticide residues, hormones, and/or antibiotics.

Apples	Meat
Baby Food	Nectarines
Bell Peppers	Nuts
Celery	Nut Butters
Coffee	Oils
Cucumbers	Peaches
Dairy Products	Potatoes
Grapes	Spinach
Hot Peppers	Squash
Kale	Strawberries
Leafy Greens	Tomatoes

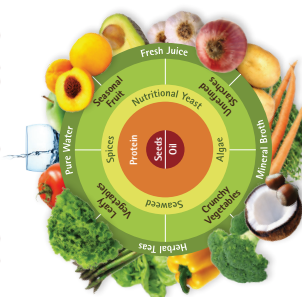
OK TO BUY CONVENTIONAL*

These products, even when farmed conventionally, are among the lowest in pesticide residues, hormones, and/or antibiotics.

Asparagus	Mangos
Avocados	Mushrooms
Cabbage	Onions
Cantaloupe	Pineapples
Eggplant	Sweet Peas
Grapefruit	Sweet Potatoes
Kiwi	

*Items in these lists are adapted by Bauman College from the Environmental Working Group's *Shopper's Guide to Pesticides in Produce*™. Items are not ranked by level of risk.

EATING FOR HEALTH



At Bauman College, our curriculum is based on the *Eating for Health* model, which is a whole foods approach to nutrition developed by Dr. Ed Bauman. The model guides us in choosing nutrient-dense and diverse foods that are seasonal, organic, unprocessed, and local.