




Nutrition Quick reference

A quick guide to easily recognize good proteins, fats and carbs



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	GOOD SOURCES	WHAT TO LOOK FOR
Proteins 	Healthy Animals Humanly-raised beef, chicken, lamb, pork, bison Healthy Animal Products Milk, cheese, yogurt, eggs Seafood Raw Nuts Grains and Legumes Gluten-free and properly prepared	Organic Label Beef/Dairy Grass fed and grass finished Chicken/Eggs Pasture raised Wild-caught Pre-soaked and sprouted if available Gluten-free
Fats 	Unsaturated Fats (liquid at room temp) Olive, walnut, sesame, flaxseed, sunflower, peanut Saturated Fats (solid at room temp) Grass-fed butter, ghee, coconut oil Avocados Raw Nuts and Seeds	Raw Oils Cold-pressed, dark bottles Buy only small quantities Healthy Animals Organic, grass fed, humanly raised Organic Grown as close to home as possible Pre-soaked and sprouted
Carbo-Hydrates 	Vegetables and Fruits Your healthiest source of carbs Gluten-free Grains Quinoa, amaranth, buckwheat, rice (brown, white, wild), millet, sorghum, teff Oats only if labeled gluten-free Legumes	Fresh, Organic and seasonal Gluten-free Label Avoid cross contamination with wheat for grains such as oats Sprouted and soaked grains provide extra nutrients Try brown rice pasta as a sub for white flour When buying canned, look for BPA-free and additive-free