



Lorraine Maita, MD

## Prepare your Kitchen for Nutritionally-Balanced Cooking

### Shopping

- Spend most of your time along the periphery of the supermarket and avoid the aisles. The perimeter of most grocery stores is generally where you will find fresh produce, fish, poultry, dairy products and so forth. The aisles in the center of the grocery store are generally where you will find the processed foods, starches, snack foods, candy and ice cream, canned goods, high-glycemic foods and processed food.
- Select organic whenever possible especially for the dirty dozen: apples, bell peppers, celery, cherries, cucumbers, imported grapes, lettuce, nectarines, peaches, pears, spinach and strawberries. The dirty dozen list changes every year so go to The Environmental Working Group [www.ewg.org](http://www.ewg.org) to find the latest list of the dirty dozen and clean 15. The clean 15 have low levels of herbicides and pesticides so you don't have to buy these organic.

### Purchase

- Purchase a kitchen scale

### Stock up on

- Fresh fruits such as avocados, apples, oranges, pears, all kinds of berries, lemon, limes, grapes, grapefruit and tomatoes. Create a rainbow of color. Remember to stick to seasonal fruits as much as possible and to use local farms and farm stands if possible.
- Greens (leafy, deep dark & bitter have the most antioxidants) such as broccoli, broccoli rabe, escarole, collard greens, swiss chard, bok choy, beet greens, parsley, kale, spinach, arugula, cabbage, cilantro, romaine lettuce, dandelion
- Root Vegetables such as yams, radishes, carrots, beets, parsnips, turnip
- Other fruits and vegetables such as garlic and onions, leeks, shallots, celery, eggplant, mushroom, peppers, zucchini, Brussels sprouts
- Frozen fruits and vegetables are acceptable

### Staples

- Canned beans (Eden organic is a great brand)
- Lentils
- Coconut Milk (Native Forest Brand)
- Oils & Fats such as extra virgin olive oil, extra virgin unrefined coconut oil, grapeseed oil
- Nuts & Seeds such as almonds, walnuts, cashews, pistachio, macadamia, pumpkin, flax, chia and hemp
- Gluten free grains if no issues with high blood sugar, fasting insulin or hemoglobin A1C such as rice, wild rice, quinoa, amaranth, millet, buckwheat, gluten free oats



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- Salt that has a greater mineral content (if no issues with high blood pressure) such as Celtic Sea Salt. Himalayan Pink Sea Salt
- Herbs and Spices
  - Fresh or dried herbs such as basil, cilantro, dill, parsley, rosemary
  - Spices such as chile peppers, cinnamon, ginger, saffron, turmeric
- Condiments that don't have high fructose corn syrup or maltodextrin such as mustard and horseradish. Be sure to read the label
- Nut and grain milks such as almond, cashew, hemp, oat, rice

### Replace

- Processed meats like bologna and bacon replace with low fat sources of protein, such as turkey, chicken and fish and occasional organic, grass fed beef.
- Vegetable oils or butter replace with olive oil and nut butters (e.g. almond butter, cashew butter or sunflower seed butter) which are rich in monosaturated fats

### Minimize

- Minimize starchy vegetables such as acorn squash, beets, butternut squash, carrots, corn, peas and potatoes especially if have high fasting blood sugar, high Hemoglobin A1C, high fasting insulin and a tendency to gain weight with starchy food.

### Remove

- Remove foods that might tempt you and prevent you from eating optimally.
- Canned vegetables (except tomatoes) and fruits due to BPA's lining the can and processing with salt

If you tend to gain weight with carbohydrates or have high blood sugar, fasting insulin or hemoglobin A1C, remove or minimize the following foods:

- High glycemic index foods and equipment that produces them such as:
  - Processed and simple carbohydrates like rice, pasta, breads, bagels, most cereals and mixes for pancakes, cookies and cakes.
  - Dried Fruits and fruit juices
  - Bananas, melons, tropical fruits, cranberries, dates, figs and raisins
  - Bread maker, juicer and pasta machine

If you have high cholesterol, pain, history or family history of heart disease, cancer, diabetes or other inflammatory conditions such as allergies, asthma and arthritis or autoimmune disorders, remove inflammatory fats such as:

- Vegetable oil, vegetable shortening, butter, whole milk dairy products and any other foods high in omega-6 fatty acids, trans fats, saturated fats and hydrogenated oils.