

Transitioning to Nutrient-Dense Foods

INSTEAD OF

Reduced-fat commercial dairy products
Commercial yogurt
Commercial luncheon meats containing many additives
Lean commercial meats and skinless chicken
Fast food hamburgers
Farmed fish; skinless fish fillets
Bottled sauces filled with MSG and other additives
Margarines and spreads
Cooking Oils
Commercial salad oils
Commercial salad dressing
Fast food French fries
Egg substitutes; egg whites
Fish oils
Artificial flavors

CONSUME WITH CONFIDENCE

Whole milk and cheese from pasture-fed cows
Homemade yogurt and kefir made from whole milk
Additive-free artisan preserved meats, such as salami, sausage, bacon, ham, liver pate and liverwurst
Grass-fed meats, consumed with the fat; grass-fed poultry consumed with the skin
Homemade hamburgers using full fat, grass-fed meat
Wild seafood including fish skin, shellfish and fish eggs
Gravies and sauces made with homemade bone broths
Butter
Cook 1 grass-fed lard, butter, ghee, duck fat and goose fat; or coconut oil or olive oil
Cold-pressed or extra virgin olive oil
Make your own with cold-pressed or extra virgin olive oil and other natural ingredients
Potatoes sautéed in lard, butter or olive oil; baked or mashed potatoes with plenty of butter
Real eggs from pastured hens, mostly the yolks
Cod liver oil
Natural herbs and spice; sauces made from bone broth

INSTEAD OF

Commercial pickles

Soft drinks

Extruded breakfast cereals

Potato chips, corn chips and other snack foods

Commercial bread

Commercial refined salt

Commercial ice cream

Commercial cookies, sweets, highly sweetened desserts

Caffeine (coffee, tea, chocolate, soft drinks, energy drinks)

CONSUME WITH CONFIDENCE

Lacto-fermented pickles and sauerkraut

Lacto-fermented sodas such as ginger ale, kvass and kombucha

Oatmeal, soaked overnight and cooked, served with butter or cream, a natural sweetener and chopped crispy nuts

Plain pork cracklings, crispy nuts

Genuine sourdough bread

Unrefined salt

Homemade ice cream made with egg yolks from grass fed chickens, heavy cream (not ultra-pasteurized) and natural sweeteners

Homemade cookies, custards and desserts using natural sweeteners, egg yolks, crispy nuts and other healthy ingredients

Lacto-fermented sodas, coconut oil melted in hot water, coffee substitutes such as Dandy Blend and Cafix

To be on the safe side, you should also know what ingredients to watch out for on packaged foods.

Here is a list of ingredients that ALWAYS contain MSG:

Autolyzed Yeast	Calcium Caseinate	Gelatin	Glutamate
Glutamic Acid	Hydrolyzed Protein	Monopotassium Glutamate	Monosodium Glutamate
Sodium Caseinate	Textured Protein	Yeast Extract	Yeast Food
Yeast Nutrient			

These ingredients OFTEN contain MSG or create MSG during processing:

Flavors and Flavorings	Natural Flavors and Flavorings	Natural Pork Flavoring	Natural Beef Flavoring
Natural Chicken Flavoring	Seasonings	Soy Sauce	Soy Protein Isolate
Soy Protein	Bouillon	Stock	Broth
Malt Extract	Malt Flavoring	Barley Malt	Whey Protein
Carrageenan	Maltodextrin	Pectin	Enzymes
Protease	Corn Starch	Citric Acid	Powdered Milk
Anything "Protein Fortified"	Anything "Enzyme"	Anything "Ultra-"	