

Inner Movement Chiropractic

Pantry Raid Worksheet

Read the nutrition labels on the food in your house and encourage your family to do the same. If you can't pronounce it, you probably don't want to eat it. We encourage you to eat fresh, organic food whenever possible, however if you purchase convenience foods, please refer to the information below to avoid eating those foods that are unhealthy and harmful. We can help you make the healthiest choices for you and your family.

High Fructose Corn Syrup should be avoided. This can be present in:

Soft Drinks	Processed Snacks
Sauces	Salad Dressings
Bread	Breakfast Bars & Cereals
Processed Snacks	Nutrition Bars
Yogurt	Juice Cocktails
Candy & Candy Bars	

Say "NO" GMO's. Common Product Ingredients that contain GMO's – look for the label "NON-GMO" when purchasing:

- **Soybeans** - Gene taken from bacteria (*Agrobacterium* sp. strain CP4) and inserted into soybeans to make them more resistant to herbicides.
- **Corn** - There are two main varieties of GE corn. One has a Gene from the soil bacterium *Bacillus thuringiensis* inserted to produce the Bt toxin, which poisons Lepidoteran (moths and butterflies) pests. There are also several events, which are resistant to various herbicides. Present in high fructose corn syrup. Buy organic corn, popcorn, and corn chips only.
- **Rapeseed/Canola** - Gene added/transferred to make crop more resistant to herbicide.
- **Sugar beets** - Gene added/transferred to make crop more resistant to Monsanto's Roundup herbicide.
- **Cotton** - engineered to produce Bt toxin. The seeds are pressed into cottonseed oil, which is a common ingredient in vegetable oil and margarine.
- **Dairy** - Cows injected with GE hormone rBGH/rBST; possibly fed GM grains and hay.
- **Sugar**. In 2012 the FDA approved GMO Beet Sugars to be allowed to be sold on the market under the name... "SUGAR" So now, when we go to buy "All Natural" Breyer's Ice Cream, we can't even know for sure that we are actually eating regular natural cane sugar. If you see "CANE SUGAR" there's a good chance it's not GMO. This is one of the biggest frustrations with labelling, as sugar is in so many things, and we might be avoiding food that POSSIBLY has GMO sugar, but really does not.
- **Papayas.**
- **Zucchini.**
- **Baked goods:** Often has one or more of the common GM ingredients in them. Why do we need corn or soy in our bread, snacks or desserts? It's hard to find mixes to use as well. Some brands avoid GMs, find one you like and try to stick with it. Organic is one option, learning how to cook brownies, etc, from scratch with your own organic oils is another.

Hydrogenated oils should be avoided. These can be found in:

Margarine	Vegetable Shortening
White Bread	Cake Frosting & Non-dairy toppings
Non-dairy Creamer	Tortillas – processed flour style
Donuts	Peanut Butter
Ice Cream	Fast Food

Dairy products: read your labels to ensure you are eating Organic, Hormone-Free products

Non-organic fruits and veggies that have most pesticides/toxins: (BUY THESE ORGANIC!)

Apples	Celery	Cherry Tomatoes
Cucumbers	Grapes	Hot Peppers
Nectarines	Peaches	Potatoes
Spinach	Sweet Peppers	Kale
Collard Greens	Zucchini	Lettuce
Blueberries	Strawberries	

Brominated Vegetable Oils should not be consumed. These are found in:

Soft drinks	Citrus-flavored beverages
Ice cream	Ices
Baked goods	