

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

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



<i>Eating for Health</i> 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

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

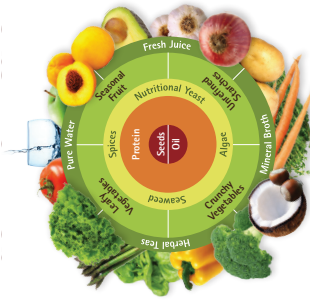
OK TO BUY CONVENTIONAL*

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

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

*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.