

Tackling the Toxic Table:

Foraging for Healthy Food in a Global Economy



10 EASY STEPS WE ALL CAN TAKE...

- 1 **Shop for safer, more sustainable fish.** Find fish that are good for you (high in healthful fats, low in environmental toxins) as well as good for the ocean. (www.oceansalive.org)
- 2 **Buy dairy products from cows not given synthetic growth hormone (rBGH).**
- 3 **Eat grass-fed meat and dairy products.** Look for meat, poultry and dairy products from animals raised on grass, not grains. Emerging science points to higher levels of anti-inflammatory fatty acids. An added plus is that these animals are not typically given routine antibiotics. What differentiates "grass fed" beef from conventional meat will soon be available from the American Grassfed Association. (www.AmericanGrassfed.org)
- 4 **Buy pesticide-free produce.** Buy produce raised without synthetic pesticides, and on land free of sewage sludge (biosolids), which can contain industrial waste and pollutants.
- 5 **Avoid chicken raised with arsenic.** Buy certified organic, which is arsenic-free, or from local producers who can assure arsenic was not used.
- 6 **Be a "locavore."** Buy locally produced foods, when possible. This helps reduce the number of food miles, supports the economic health of your local foodshed, and helps you learn how your food is grown.
- 7 **Avoid plastic bottles and food packaging.** Not only are disposable bottles, made from fossil fuels wasteful, the plastic packaging is often made with polyvinyl chloride or #3 plastic. This plastic used in cling wrap and some squeeze bottles may contain phthalate which can leach into foods or liquids, act as a hormone disruptor, and can increase the risk of reproductive damage and asthma.
- 8 **Know where your food comes from.** Ask Congress for country of origin labeling on all unprocessed foods. This is standard in European countries and would be under the auspices of the USDA.
- 9 **Follow an anti-inflammatory diet.** Pay attention to omega 3 fatty acids, eat 7-9 servings of fruits and vegetables a day, and choose low glycemic index carbohydrates.
- 10 **Choose your foods wisely.** Avoid products containing partially hydrogenated oils of any kind and products made with high fructose corn syrup or soybean oil. These ingredients are markers of low-quality and can pose health risks. You can avoid them and other unhealthy ingredients minimizing intake of processed and refined and most fast food. Eat whole foods whenever possible.