

MAKING THE CHANGE TO WHOLE FOODS

Most of us could stand some improvement in our diet. The convenience of processed foods and our hectic schedules do not always lend themselves to healthy eating. In her book, *The Naturally Healthy Pregnancy*, Shonda Parker outlines some simple, one-step-at-a-time changes you can make. Introducing changes gradually and consistently makes change much more palatable to your family and yourself!

WHOLE FOOD	IMITATION/PROCESSED VERSION
Freshly ground whole grain flour	Packaged white, wheat, rye, barley, oat flour
Purified water	Soda pop, Coke, Dr. Pepper, Kool-aid, etc.
Unsweetened fruit juices - fresh squeezed is best, frozen better, bottled okay	Juice “cocktails” or “drinks,” powdered, artificial-flavored drinks
Herbal teas (no caffeine); green tea (caffeine)	Black tea, contains caffeine, coffee
Whole wheat pasta, spelt pasta, sesame pasta, etc.	White pasta of any shape
Brown rice, buckwheat, millet, barley, rye, oats, etc.	White rice, refined grains
Whole grains - whole, freshly cracked or rolled	Boxed cereals, processed grains
Whole grain toasted bread crumbs	Boxed croutons
Whole grain crackers	White flour crackers
Unrefined oils - cold-pressed or extra virgin olive oil	Hydrogenated fats and shortenings, refined oils
Butter	Margarine, spreads
Goat milk, Tofu milk, Certified raw milk	Homogenized, pasteurized milk
Certified raw milk cheese - “It’s naturally white.”	Dyed, added-to, homogenized, pasteurized cheeses
Plain yogurt with live cultures	Sweetened varieties or frozen varieties
Cultured dairy products	Uncultured, sweet dairy products
Unfiltered, unpasteurized apple cider vinegar	Distilled vinegar
Baking powder without aluminum or yeast	Baking powder containing aluminum
Low sodium baking powder (aluminum-free)	Baking soda
Carob powder	Cocoa, chocolate
Uncooked, unfiltered “Raw” honey - ½ c = 1 c sugar; Grade A Pure Maple syrup	White sugars (sucrose, dextrose, glucose, “raw” sugar, corn syrup)
Unsulphured molasses, fruit juices/purees, dried raw cane juice, fructose in small amounts	Brown sugar
Baked chips, popcorn, dried unsulphured fruits, raw nuts, granola	Fried chips, sulphured dried fruits, candy, snack items with added sugars, dyes, preservatives, other additives
Organic fruit, vegetables and grains	Conventional fruits, vegetables and grains

Unhydrogenated peanut butter made with 100% peanuts without added sugar (or salt, if preferred), sesame butter (tahini), cashew butter, almond butter	Commercial peanut butter and other nut butters
Raw, lightly steamed, grilled vegetables	Boiled, fried vegetables
Raw fruits	Canned or frozen fruits with added sugars
Chicken, turkey, deer, beef (in moderation)	Commercially raised animals fed grains/hay treated with chemicals and given chemicals to keep them healthy
Beans, peas, lentils, whole grains, etc.	Eat less meat - Majority of protein should be from vegetable source for maximum health

From "The Naturally Healthy Pregnancy" by Shonda Parker
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