

Nutritional Quality Chart

by Jared Green Therapeutics

Please keep in mind that this is a generalization for quality comparisons, not a definitive guide.

Also, you're not a bad person if you don't follow it completely :)

Low-Quality

(Avoid these)

• Fats

- Hydrogenated oil, partially hydrogenated oil, hydrogenated palm kernel oil, margarine spread, cottonseed oil, Olestra
- Generic commercial fried foods
- Canola and soy oil are situational, most are poor-quality

• Sugars

- High-fructose corn syrup, fructose corn syrup, corn syrup, white sugar, glucose, Florida Crystals
- Artificial sweeteners {especially Aspartame!}

• Carbohydrates

- Mass-produced pasta, bread, cookies, muffins, bagels, crackers, etc.

• Dairy

- Mass-produced, non-organic, hormone-containing cheese, milk, yogurt, cream cheese, cottage cheese, etc.
- Dairy with low-quality sugar added (yogurt, milk)
- {Leafy greens/nuts/seeds have more bioavailable calcium than cow dairy}

• Meats

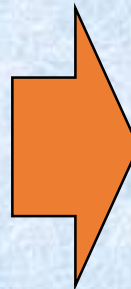
- Generally all fast-food, commercially processed
- Anything not free-range, organic, hormone free, humanely raised and slaughtered
- Generic whey protein powder

• Water

- Not all bottled water is the same quality, sometimes it is simply imported & unfiltered tap water. Investigate sourcing.

• Miscellaneous

- Monosodium glutamate (MSG), guar gum, xanthan gum



High-Quality

(Seek these)

• Fats

- Butter {especially grass fed}, ghee, olive oil {generally low to no heat though}, sesame oil, coconut oil, sunflower, flaxseed, hazelnut, pistachio, hempseed, macadamia, avocado oil).
- Avocado, olives (explore variety), fresh fish (not farm raised), nuts/seeds (nut butter), free-range eggs (orange yolks), organic dairy (grass fed). Omega-3!

• Sugars

- Real honey {raw & local if possible for allergen relief}, maple syrup, birch syrup, coconut nectar, black strap molasses, barley malt, stevia

• Carbohydrates

- Organic wheat, brown rice, beans, basmati rice, quinoa {also a protein}, barley, corn, amaranth, oats, lentils, chickpeas, millet, sourdough bread, sprouted bread, rye
- {presoak grains and beans before cooking}

• Dairy

- Milk: organic, grass-fed, unpasteurized, local without hormones
- Cheese: organic, goat, sheep {rather than always just cow}
- Yogurt: full fat, organic
- Butter: either local or European imports
- Try nut 'dairys'! Coconut is my favorite, also almond.

• Meats

- Free-range, organic, grass fed, hormone free, raised and slaughtered with care
- Explore non-meat protein sources (plant based)

• Water

- Water filters are great, Berkey® is best in my opinion