

# The Juice Lady's Shopping Guide

The Juice Lady Serving Size Guide	*Daily Servings	Serving Sizes	Examples
Seeds & Oils	2-3	1 tbsp of oil, 2 tbsp seeds	almond, sesame, sunflower, flax
Protein	2-4	3 oz. animal 6 oz. vegetable	beans, eggs, fish and in and, poultry, dairy, grass-fed beef
Leafy Vegetables	1-3	1 Cup	salad mix, spinach, kale
Crunchy Vegetables	1-3	½ Cup	broccoli, string beans, cucumbers and in and, onions, celery
Unrefined Starches	2-4	½ cup root veggies, whole grains, bread	yams, winter squash, corn, millet, rice, Ezekiel Bread
Seasonal Fruits	2-4	½ C. or one medium piece	berries, apples, grapes, citrus
Booster Foods	2-4	1 tsp to 1 tbsp	nutritional yeast, algae, spices, seaweed

\*your individual daily serving amounts will depend on age, weight, and health status. Please consult your doctor before making dietary changes. This guide is for educational purposes only.

Cherie Calbom  
 THE JUICE LADY  
 health. healing and wholeness



**Organic** selections for everyday food staples are not always affordable or available. To help you find the healthiest choices, I have put together this organic shopping list. Food items are identified as having high or low health risk based on their **pesticide residue**, **hormone**, and/or **antibiotic load**. *Items within each list are not ranked by level of risk.*

## Eat for Health

Cherie Calbom, The Juice Lady emphasizes eating fresh, local, seasonal organic foods. By eating for health, you will enjoy not only physical health, but mental, emotional, social, and spiritual growth.

## Buy Organic\*\*

- Peaches/Nectarines
- Strawberries/Blueberries/Cherries
- Apples/Pairs
- Grapes (Imported)
- Celery
- Bell Peppers
- Carrots/Potatoes
- Lettuce/Leafy Greens/Spinach
- Kale/Collard Greens
- Baby Food
- Milk and Other Dairy Products
- Meat (Chicken, Beef, Pork)
- Coffee
- Nuts/Nut Butters
- Cooking Oils
- Fish
- Corn-major GMO crop
- Soy-major GMO crop
- Wheat-major GMO crop
- Sugar Beets-major GMO crop

\*\*these products, when produced conventionally, are among the highest in pesticide residues, hormones, and/or antibiotics.



## OK to Buy Conventional

- Onions
  - Cabbage/Broccoli
  - Eggplant
  - Asparagus
  - Sweet Peas
  - Sweet Potatoes
  - Avocados
  - Pineapples
  - Mangoes/Papayas
  - Kiwis
- Cantaloupe  
 Honeydew  
 Watermelon  
 Grapefruit  
 Bananas



Adapted from the **Environmental Working Group's Shoppers Guide to Pesticides™**. Food items identified as having high or low health risk based on their pesticide residue, hormone, and/or and antibiotic load.

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