

THE REAL FOOD GOOD-BETTER-BEST PRINCIPLE

"DOING THE BEST YOU CAN WITH WHAT YOU HAVE"

BAD ——— GOOD ——— BETTER ——— BEST

	BAD	GOOD	BETTER	BEST
FRUITS & VEGETABLES	NOT EATING ANY FRESH FRUITS or VEGETABLES	BUYING ONLY CONVENTIONAL FRUITS and VEGETABLES	USING THE DIRTY DOZEN CLEAN FIFTEEN RULE & BUYING ORGANIC WHEN AFFORDABLE	BUYING ALL ORGANIC, LOCAL or SEASONAL or GROWING YOUR OWN
GRAINS, BEANS NUTS & SEEDS	OBTAINING THEM ONLY FROM PACKAGED CEREALS, CRACKERS, CHIPS GRANOLA BARS, & SNACK FOODS	HOMEMADE COOKING WITH SOME REFINED FLOURS & SOME WHOLE GRAIN FLOUR, BEANS, NUTS, & SEEDS	HOMEMADE COOKING WITH ALL 100% WHOLE GRAIN FLOURS & GRAINS	HOMEMADE COOKING WITH ALL 100% WHOLE GRAINS & PREPARING PROPERLY BY SOAKING, SPROUTING, or SOUR LEAVENING
EGGS	EATING EGG WHITES ONLY, POWDERED EGGS, or OTHER EGG-LIKE PRODUCTS	BUYING CONVENTIONAL STOREBOUGHT EGGS	BUYING STOREBOUGHT ORGANIC, FREE-RANGE EGGS	BUYING ORGANIC & LOCAL PASTURE-RAISED EGGS
DAIRY	LOW-FAT DAIRY PRODUCTS, *CAFO MILK PRODUCTS or HIGH-TEMP PASTEURIZED	WHOLE DAIRY, PRIMARILY GRASS-FED & LOW-TEMP PASTEURIZED	WHOLE DAIRY, PRIMARILY GRASS-FED & RAW	WHOLE DAIRY, PRIMARILY GRASS-FED, PASTURE-RAISED, ORGANIC & RAW
MEAT	BONELESS, SKINLESS MEAT, *CAFO MEAT or OTHER MEAT-LIKE PRODUCTS	WHOLE MEAT ANTI-BIOTIC & HORMONE FREE	WHOLE MEAT GRASS-FED and/or ORGANIC	WHOLE MEAT, PRIMARILY GRASS-FED and/or ORGANIC & PASTURE-RAISED
SEAFOOD	GENETICALLY MODIFIED or SEAFOOD-LIKE PRODUCTS	FARM-RAISED SEAFOOD	BPA-FREE CANNED or FROZEN WILD-CAUGHT SEAFOOD	FRESH & LOCAL WILD-CAUGHT SEAFOOD
FATS	MARGARINE, CRISCO, SOYBEAN OIL CORN, CANOLA, VEGETABLE or HYDROGENATED OILS	PASTEURIZED STORE BOUGHT GRAIN-FED BUTTER	PASTEURIZED ORGANIC GRASS-FED BUTTER or REGULAR COCONUT or OLIVE OIL	GRASS-FED LARD & TALLOW or ORGANIC, EXTRA-VIRGIN COCONUT or OLIVE OIL RAW BUTTER
SWEETENERS	HIGH FRUCTOSE CORN SYRUP, REGULAR, GMO SUGAR, or SUGAR SUBSTITUTES	100% PURE WHITE UNREFINED CANE SUGAR	UNREFINED CANE SUGAR or STORE BOUGHT HONEY or REAL MAPLE SYRUP	LOCAL HONEY or ORGANIC UNREFINED CANE SUGAR or ORGANIC REAL MAPLE SYRUP or PURE STEVIA or COCONUT SUGAR
PANTRY ITEMS	REGULAR, STOREBOUGHT *GMO LADEN CEREALS, CRACKERS, CHIPS GRANOLA BARS, & SNACK FOODS	ORGANIC, NON-GMO CEREALS, CRACKERS, CHIPS GRANOLA BARS, & SNACK FOODS	HOMEMADE, WHOLE GRAIN CEREALS, CRACKERS, CHIPS GRANOLA BARS, & FRUIT SNACKS	HOMEMADE, WHOLE GRAIN *PROPERLY PREPARED SNACK FOODS or STOP RE-CREATING THEM ALTOGETHER.
FRIDGE ITEMS	REGULAR, STOREBOUGHT *GMO LADEN SODA, JUICE, SNACK FOODS & CONDIMENTS	ORGANIC, NON-GMO SODA, JUICE, SNACK FOODS & CONDIMENTS	HOMEMADE SNACK FOODS & CONDIMENTS	HOMEMADE & PROPERLY PREPARED "SODA" aka WATER KEFIR or KOMBUCHA & *LACTO-FERMENTED CONDIMENTS

* CAFO - Concentrated Animal Feeding Operation

* PROPERLY PREPARED - By soaking, sprouting, or sour leavening the grains, nuts, beans, seeds

* LACTO-FERMENTED - Fermenting condiments as another source of homemade probiotics.

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