Nutrition Detectives 5 Clues

(created by Dr. David Katz)

Clue #1 NEVER TRUST THE FRONT OF THE PACKAGE - look for hidden truth in the ingredient list

Clue #2 THE FIRST INGREDIENT IS ALWAYS THE BIGGEST – product contains mostly first few ing.

Clue #3 IDENTIFY HARMFUL INGREDIENTS - (See the list below)

1. Hydrogenated Oils (Example: Peanut Butter)
2. Artificial Colors (Red, Blue, Yellow, Caramel Color)
3. Nitrites and Nitrates – can be carcinogenic
4. Artificial sweeteners (Aspartame, Acesulfame K, Sucralose, Saccharin) or High Fructose Corn Syrup
5. Preservatives (BHA, BHT, EDTA etc.)
6. MSG (Monosodium glutamate)
7. Hydrolyzed vegetable protein/autolyzed yeast extract
8. Potassium bromate (additive mostly in breads)
9. Propyl gallate (additive in baked goods, desserts etc.)
10. Sulfites (sulfur dioxide, metabisulfites, and others)
11. Sodium nitrate (hot dogs, deli meats)
12. Sodium benzoate or benzoic acid

Clue #4 LOOK FOR A SHORT INGREDIENT LIST – usually means it is a much healthier choice

Clue #5 FIBER IS YOUR FRIEND - lowers cholesterol, stabilizes blood sugar levels, prevents colon cancer, constipation, hemorrhoids, obesity. Adults need 25-50 g each day! Add 5 g to child’s age for child fiber intake. Fiber is not in processed foods or meat, milk, eggs or cheese. If possible, choose Antibiotic/Hormone Free Dairy & Meat – means it can’t come from a farm animal treated with antibiotics or growth hormones. The use of genetic engineering, irradiation, and sewage-based fertilizer is also prohibited. Avoid Enriched foods – “Manufacturers may be loading cereals with isolated vitamins that break down over their shelf life and can provide too much iron, folic acid, etc. which may increase risk of heart disease and cancer.” (US News & World Rpt, 2001)

Fiber is found in fruits, vegetables, whole grains, nuts, seeds, legumes/beans:
- Crunchy Raw Fruits and Vegetables
- Trail Mix (RAW nuts & unsulphured dried fruit)
- Add berries to morning cereal
- Veggie Burgers instead of hamburgers
- Whole grain bread and pasta
- Add avocado to sandwiches or dips
- Eat Bean Dishes (lentil soups etc.)
- Add freshly ground flaxseed, nuts, seeds, dried fruit and beans to salads & smoothies
- Brown Rice or try QUINOA (the mother grain)
- Mega Fiber Muffins, Pancakes and Cookies
- Snacks: Fr and Veg, Trail Mix, Organic popcorn, whole-grain crackers and chips, pure snack bars like the JP+ Complete bars.

OTHER TIPS:
More OMEGA 3’s “95% are deficient in omega-3 fatty acids.”(Fats That Heal, Fats That Kill, Erasmus) Omega-3’s lower risk of heart attack, stroke, hardening of arteries, reduce arthritis pain, cholesterol, improve immune response, brain function and help to absorb calcium into the bones.
- JP+ Omega blend capsules
- Wild Salmon, Tuna, Cod, Herring, Mackerel, Anchovies, Sardines, Halibut
- Add Flax seeds and Chia seeds to your JP+ Complete smoothie
- Wheat Germ, Walnuts, Pecans, Hazelnuts, Pumpkin Seeds etc.
- Beans (soybeans), Alfalfa sprouts, Dark Green Leafy Vegetables

More FRUITS & VEGETABLES – Have fruits and vegetables washed, cut up and ready to eat. Add fruits and vegetables to what you already eat (add avocado to sandwiches etc.). Carry with you when you are away from home!
Serve salads and raw vegetables first at dinnertime, when your family is hungrier. Use fruit for a dessert or sweet snack.
Try new fruits & vegetables – Sometimes a child needs to be exposed to a new food 15 times before they’ll eat it.
Give your family Juice Plus+ (Capsules and Chewables - concentrated fruits and vegetables and JP+ Omega blend.)
Make Juice Plus+ Complete smoothies for breakfast and Super Juice (blend juice & water with raw spinach or kale and frozen fruit).

Less SUGAR – Divide # of grams by 4 to determine how many tsp. of sugar are in a product. Use Sucanat for baking (1:1 exchange with white sugar) and Stevia plant sweetener - comes in liquid dropper form and small packets too.