



# Mankey Family Chiropractic

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Buy Organic	Ok to Buy Conventional
Peaches	Onion
Apples	Avocado
Bell Peppers	Sweet Corn
Celery	Pineapple
Nectarines	Mango
Strawberries	Watermelon
Cherries	Sweet Peas
Kale	Kiwi
Lettuce	Cabbage
Grapes	Eggplant
Carrots	Papaya
Pears	Asparagus
Cantaloupe	Broccoli
@-->----	Tomato
@-->----	Sweet Potato

\* Notice that foods with a hard outer shell or peel that you take off and don't eat are most of the foods that are ok to buy conventional. Excluding cantaloupe, it has more of a mesh outer peel where pesticides seep through.

Bad Fats	Good Fats
Trans-Fats	Avocados
Vegetable Oils Canola Oil	Coconut Oil/Coconut Milk
Hydrogenated Oils	Almond Butter/Almonds
Canola Oil Spreads	Butter (not margarine!)
Caged Eggs	Free-Range Eggs
Pasteurized and Homogenized Milk	Raw Milk

Bad Proteins	Good Proteins
Corn/Grain Fed Beef	Grass Fed-beef
Corn/Grain Fed Buffalo/Bison	Grass Fed Buffalo/Bison
Corn/Grain Fed Chicken	Free Range Chicken
Corn/Grain Fed Turkey	Free Range Turkey
Farmed Fish	Alaskan Salmon (wild)
Roasted Nuts	Raw Nuts
Pasteurized Cheese	Raw Cheese



<b>Cooking Temps (Maximum)</b>	<b>Good Oils</b>
High Heat	Organic Coconut Oil
Medium/Low Heat	Organic Olive Oil (cold pressed Extra Virgin)
Medium/Low Heat	Organic Grape Seed Oil

<b>Food Groups</b>	<b>Better</b>	<b>Best</b>
Dairy	Full Fat	Raw Full Fat Non-Pasteurized/ Non-Homogenized
Grains	Whole Wheat	Stone Ground, Whole Wheat <b>Sprouted</b> Grain
Sugars	Natural Sugars i.e. honey, fruit juice (no added sugar)	Stevia or Xylitol No High Fructose Corn Syrup No Dextrose/Maltodextrin/ Sucralose/Gums
Meat	Organic	Organic Grass Fed/Free Range No Hormones No added Omega 3's No Nitrates No Antibiotics
Fats	See "Good Fats"	See "Good Fats"
Vegetables	See Front Page	See Front Page
Fruit	See Front Page	See Front Page

\* An easy way to get in your fruits & vegetables is by taking Juice Plus +. It's a clinically proven capsule that contains all the micronutrients from a variety of fruits and vegetables.

\* The USDA recommends 7 to 13 daily servings of fruits & vegetables. We know that we can't get that many in our diet in a day, so we take Juice Plus+. However, it does not completely replace eating fresh fruits & vegetables but it is a great source of nutrients and easy to take everyday and travel with.

\* For more information about Juice Plus+ ask us ☺



## Tips for Grocery Shopping

1. **Make a list before you go:** write out the meals you want to have for the week and list out the items needed for each meal. This will limit splurge moments in the store.
2. **Make a plan:** Again don't go hungry, try to leave the kids at home (if possible), and shop during low times when it's not crowded.
3. **Know your budget:** Of course the best would be to totally switch to organic and all healthy food however it's not always financially possible. Know what you currently spend on groceries and every month look to where you can pull extra money from (i.e. eliminating extra cable channels, reducing eat out meals, clothes, etc.) to start investing in your health with healthy foods.
4. **Read the Ingredients:** Watch out for fancy labels that say "all natural," "sugar free," etc. Go straight to the ingredients to see what that food is really made of. Fewer ingredients in the product is the best. If you can't pronounce the ingredient put that product back on the shelf.
5. **Shop the Outside Isles:** Fresh produce is usually on the outside of the isles. Occasionally we have to go into the isles to get our breads, oatmeal, olive oil, etc. but we try hard to stay out of the isles.
6. **Get Fresh Shipments:** Call or talk to the grocery store manager to see when they receive their regular shipments of produce so you can get the freshest possible product. Costco sells out of Organic food quickly so its good to know when their shipment arrives, plus its cheaper!
7. **Farmer's Markets:** Always the freshest produce compared to grocery stores. Plus you get to support our local farmers. Ask if they are organic.

Paso Robles City Park – Saturdays – 8am-12:20pm  
– Tuesdays – 3pm-6pm

Paso Robles Walmart – Fridays – 9am-12:30pm

San Luis Obispo Higuera – Thursdays – 6pm-9pm

8. **Find one day per week for prep work:** Plan a day to prepare your veges, maranade your meats, etc. for you weeks meals. So you don't have to spend so much time each night preparing the food your going to cook.