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TRANSITIONING *foods*

A GUIDE TO CHOOSING HEALTHIER OPTIONS

"When You Know Better, You Do Better"

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"EMPOWERING YOU TO LIVE A HAPPIER, HEALTHIER LIFE, INSIDE & OUT."

Sol D-Licious Kitchen

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1. Food

ITEM	Bad	Better	Best
Sugar	**<u>All forms:</u>** Dextrose Corn Syrup Rice Syrup Malt	Raw honey Raw Agave Maple syrup Raw fresh fruits Raisins Dates	Stevia Vanilla Cinnamon
Artificial Sweeteners	**<u>All forms:</u>** Aspartame Splenda	Xylitol	Stevia Vanilla Cinnamon
Salt	Table salt Iodized salt	Unrefined sea salt Unrefined Himalaya sea salt Celtic sea salt	Organic salt from plants: Celery Seaweed Phytoplankton
Flour	**<u>White flours from:</u>** Wheat Corn Rice, etc.	**<u>Organic whole flours from:</u>** Spelt* Kamut Quinoa Buckweat Millet Brown rice*	Sprouted grains Almond flour Coconut flour
Bread	Wheat Bread/White Bread	Homemade Yeast free Wheat free Sprouted	Dehydrated flax crackers Raw bread Lettuce wraps
Pasta	White pasta	Organic spelt or buckwheat Sprouted pasta	(Raw) spaghetti made from squash

2. Beverages

ITEM	Bad	Better	Best
Water	Water from tap	Plastic bottled water Evian, Poland Spring, Fuji Water	Alkaline water
Tea	Black tea	Green tea, Oolong..etc.	Herbal teas
Coffee	Coffee Decaffeinated coffee	Coffee replacer	Raw “hot” chocolate milk Elixir
Soft Drinks	Lemonade Soda Sport drinks Energy drinks Fruit juices	Organic 100% juice Flash pasteurized	Cold pressed juice Wheatgrass shot Coconut water (fresh) Smoothies Home made lemonade

3. Condiments & Spreads

ITEM	Bad	Better	Best
Tomato Ketchup	Tomato ketchup From supermarket	Organic, sugar free ketchup Home made ketchup	Raw ketchup
Mayonnaise	From supermarket	Organic, no sugar added Home made Vegan Mayo	Raw homemade mayonnaise Raw mayonnaise made from avocado Raw mayonnaise made from nuts/seeds
Pasta Sauces	From package Cans Ready made	Organic Home made Pesto sauce Tomato sauce	Fresh raw tomato sauce Raw pesto Nut cheese Salsa
Bread Spreads	Processed meat Jam Chocolate spreads Cheese spreads	Organic almond butter JamJelly 100% fruit Raw honey Raw cheese	Avocado Pesto Homemade hummus Salsa Guacamole Nut pates Nut cheeses Coconut butter

4. Special Treats

ITEM	Bad	Better	Best
Candy	Energy bars Diet bars Cookies	**Organic/Natural Sugar Sourced** Candy Chips Cookies Popcorn	Lara bars Raw Cookies Raw cakes Fresh fruits Dried fruits Dehydrated crackers/chips
Cookies, Cakes	Boxed or Pre-packaged cake/cookies	**Organic/Natural Sugar Sourced** Home made cookies Home made cakes	Raw cookies & cakes Raw cakes & pies Dehydrated cookies

5. Supplements

ITEM	Bad	Better	Best
Supplements Vitamins	Supplements Vitamins From supermarket From drugstore	Supplements from some small companies reputable	Whole foods supplements Super foods Green powders

6. General Guidelines

ITEM	Bad	Better	Best
Resources	Grocery store	Health store	Homemade foods Green/farmer's market
Grown	Conventional grown	Organic foods Naturally grown No pesticides, herbicides, chemicals Local farmer's/green market	Wild Local and organic Own garden, sprouts
Processed	Junk Pre-packaged Fast food Grilled Microwaved BBQ Fried	Steamed Cooked Stir fried Baked at low temperatures	Raw Juiced Blended Dehydrated
Ingredients	Many ingredients Conservatives Sweeteners Chemicals E-numbers MSG, flavor enhancers, etc.	Few ingredients Ingredients you can pronounce	Homemade All fresh ingredients

Clean Fifteen & Dirty Dozen List of 2025

Shopper's Guide to Pesticides in Produce

CLEAN FIFTEEN

The Clean Fifteen indicates the 15 fruits and veggies with the smallest amount of pesticide residues and if more cost effective or accessible conventional is fine when organic isn't an option.

Here is the 2025 Clean Fifteen:

1. **Avocados**
2. **Sweet corn**
3. **Pineapple**
4. **Onions**
5. **Papaya**
6. **Sweet peas (frozen)**
7. **Asparagus**
8. **Banannas**
9. **Kiwi**
10. **Cabbage**
11. **Watermelon**
12. **Mushrooms**
13. **Mangoes**
14. **Cauliflower**
15. **Carrots**

DIRTY DOZEN

The foods on this Dirty Dozen list were found to have the highest concentrations of pesticides, and for that reason, the EWG encourages consumers to buy organic versions of these items when possible.

Here is the 2025 Dirty Dozen:

1. **Strawberries**
2. **Spinach**
3. **Kale, collard, and mustard greens**
4. **Grapes**
5. **Peaches**
6 **Pears**
7. **Nectarines**
8. **Apples**
9. **Blackberries**
10. **Cherries**
11. **Blueberries**
12. **Potatoes**