




# Good2UGood4U: No Fake Foods

By Renee Lea-Currie, Ph.D.  
March 4, 2018



Consuming REAL is the most healthful way to live. Everywhere you read, or hear or see is information about the latest new cure-all eating plan. People tend to love a gimmicky program to help them lose weight, manage or eliminate a disease to get control of their lives. However God already gave us the menu for what he created us to consume for a helpful life. Listed below are 3 of the top current eating plans popular in the past few years. While all but the vegan plan are not sustainable for everyday of your life, they do make you think about the ingredients in the foods and pseudo-fake foods ( aka processed “foods”) we consume that make us bloated, inflamed, sick and tired. It can help you make better choices and be attentive to what you are consuming.

	NO	YES
<b>Whole30</b> 	<b>FOR 30 DAYS:</b> alcohol, added sugar, artificial sweeteners, artificial dyes, dairy, processed foods, grains, popcorn, no products containing carrageenan, MSG, or sulfites, black, red, pinto, navy, white, kidney, lima and fava beans, chickpeas, lentils, peanuts, peanut butter, soy sauce, miso, tofu, tempeh, edamame, wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, sprouted grains, quinoa, amaranth, buckwheat, corn starch, additives, preservatives, dyes TVP, soybean, cottonseed, canola, corn or vegetable oils ( high omega-6 fats), iodized salt ( contains dextrose, a sugar), ketchup, mayonnaise, traditional salad dressings, honey	coconut aminos, apple cider , adobo seasoning, curry powder, vinegar, green beans, sugar snap peas, snow peas, Ghee or clarified butter, avocado oil, coconut oil, EVOO, red palm oil, fruit juice, eggs, wild caught fish, vegetables, local grass fed meats, free-range local chicken eggs ( Nellie’s or Pete & Gerry’s), fruits, sea salt, Himalayan pink salt mashed avocado
<b>Paleo</b> 	<b>SHORT TERM:</b> Grains, added sugar, processed foods, additives, preservatives, dyes, MSG, artificial sweeteners, canola, sunflower, corn, soybean oils, additives, preservatives, dyes, MSG, artificial sweeteners, any processed products, soy oil, peanut oil, and canola oil, potatoes, iodized salt, TVP	local grass-fed meats, wild caught fish, nuts, seeds leafy greens, regional veggies, whole foods in most unprocessed form, free-range local chicken eggs ( Nellie’s or Pete & Gerry’s), sea salt, Himalayan pink salt, mashed avocado
<b>Vegan</b> 	<b>FOREVER:</b> Animal Products: Meat, dairy, eggs, fish	<b>GOD’S ORIGINAL PLAN</b> Fruits, vegetables, nuts, seeds, whole grains, legumes, coconut, avocado, extra virgin olive oil (EVOO), macadamia, and red palm oils

**QUESTION:** What is a natural free-range chicken's diet besides grains? *Hint: The early bird catches the worm.*

**What are some cooking and baking real food substitutions if I simply want to transition to total real plant-based living?**

Butter	<ul style="list-style-type: none"> <li>I love a 1:1:1 mixture of avocado oil, extra virgin olive oil (EVOO) and red palm oil. It gives great "buttery color and flavor"</li> <li>1 cup butter = ¾ cup oil (butter is</li> </ul>
Eggs	<ul style="list-style-type: none"> <li>Ground flax seed "egg". 1 egg = 1 TBSP ground flax seed + 3 TBSP water</li> <li>1 egg = 1.2 cup Applesauce or ½ cup mashed banana</li> <li>Silken non-GMO Tofu</li> <li>In veggie burgers: oats or mashed potato</li> </ul>
Shortening	Palm oil (no trans-fat)

E J U E A G W J M L C G T V L  
 D N G U R I U H I A G I P F J  
 S G O A R N R O O E L L R E A  
 S T I E K E T E X L S I O C I  
 G N I F L U D A B D E O C U R  
 S H O U N A L P E I S O E A E  
 D O A O R F R E A T L D S D G  
 D W C N L F S R U L P A S O I  
 V O P L A G E N E S M C E R N  
 C M A L A S I A U I Z O D M M  
 V E G E T A B L E S S V I W W  
 A I B M A G D A I R Y A V L V

**FIND ME**

AVOCADO OIL  
 COCONUT OIL  
 NUTS  
 SEEDS  
 VEGETABLES  
 GRAINS  
 DAIRY  
 WHOLE30  
 PALEO  
 PROCESSED  
 JUNK FOOD  
 GHANA  
 GAMBIA  
 SIERRA LEONE  
 SENEGAL  
 LIBERIA  
 MALI  
 NIGER  
 NIGERIA  
 RED PALM OIL  
 FRUITS  
 FLAX EGG  
 MALASIA  
 ECUADOR  
 EGGS

**Answer:** insects, worms, leafy greens and berries

**NUTS**

ALMOND  
 BRAZIL NUT  
 CASHEWS  
 CHESTNUTS  
 HAZELNUT  
 JUNIPER BERRY  
 MACADAMIA  
 PECAN  
 PISTACHIO  
 WALNUT

**SEEDS**

CHIA SEEDS  
 FLAXSEED  
 HEMP SEEDS  
 POPPY SEEDS  
 PUMPKIN SEEDS  
 SESAME SEEDS  
 SAFFLOWER  
 SUNFLOWER

**DID YOU KNOW?**

RED PALM OIL IS SOURCED IN MALASIA, ECUADOR & WESTERN AFRICA (Niger, Senegal, Liberia, Ghana, Guinea, Sierra Leone)

**DID YOU KNOW THESE ARE VEGAN?**

- OREOS ( ORIGINAL)
- TACO BELL'S CINNAMON TWISTS
- NABISCO GRAHAMS ORIGINAL
- THOMAS'S NEW YORK STYLE BAGELS (Blueberry, Cinnamon Swirl, Everything, Plain)
- SARAH LEE'S CHERRY & APPLE PIES
- TRADER JOES'S SOFT BAKED SNICKERDOODLE COOKIES



**DID YOU KNOW?**

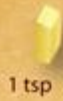
NATURAL COLD PRESSED OILS SUCH AS AVOCADO, COCONUT, MACADAMIA AND RED PALM OILS ARE USUALLY NON-GMO.



## CONVERSION CHART

Butter/Margarine

STAR Olive Oil



1 tsp



$\frac{1}{4}$  tsp.



1 Tbsp =  $\frac{1}{8}$  stick



$2\frac{1}{4}$  tsp.



2 Tbsp =  $\frac{1}{4}$  stick



$1\frac{1}{2}$  Tbsp.



$\frac{1}{4}$  cup =  $\frac{1}{2}$  stick



3 Tbsp.



$\frac{1}{2}$  cup = 1 stick



$\frac{1}{4}$  cup + 2 Tbsp.



$\frac{2}{3}$  cup  $\approx$   $1\frac{3}{8}$  sticks



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup =  $1\frac{1}{2}$  sticks



$\frac{1}{2}$  cup + 1 Tbsp.



1 cup = 2 sticks



$\frac{3}{4}$  cup

[www.StarFineFoods.com](http://www.StarFineFoods.com)