

How do you explain to your kids why they cannot have fake, highly processed food when it tastes so good?

For my son, I tell him that it fails the T.M.I. rule. T.M.I. stands for Too Many Ingredients. He is 6 years old and understands this. Even if you kid can't read yet, just looking at the number of ingredients helps them understand.

**QUESTION OF A LIFETIME:**  
*Are you Ready to Serve [real food] or Ready to Die [from fake foods]?*

Take Back My Health is part of an e-mail health ministry which features inspirational, practical tips for healthy shopping, kid approved real recipes (KARR), free sample links and coupon downloads to help us support those companies that provide REAL foods. To sign up to receive these weekly inspirational tips on healthy shopping and eating (on a budget), contact me at [takebacktour@yahoo.com](mailto:takebacktour@yahoo.com) or leave a message at (336) 228-6407.

## THE TAKE BACK TOUR

### FEATURES:

**So Free Sundays** *Soda Free*

**NFF Mondays** *No Fake Food*

**Take Back Tuesdays**

**Water time Wednesdays**

**Walking Wednesdays**

**3M's Thursdays**

*Make Mine Meatless*

**TGIF Fridays**

*Thank God I'm Free*

*[from guilt when I slip up]*

**Friendship Fridays**

**Wellness Walk** (annual spring event)

**KARR=** *Kid Approved Real Recipes*

**Sucker-Free Shopping Tips**

**Renee's REAL Freebies**

**Renee's REAL Healthy Coupons**

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**Take Back Your Health**  
**Take Back the Love**  
**Take Back the Fun**  
**Take Back Your Faith**  
A Health Ministry of the Philadelphia 7<sup>th</sup> Day  
Adventist Church, Burlington, NC

## What's In Your Shopping Cart?



## Caveat Emptor: Let the Healthy Shopper Beware

## Shopping Tips

By Dr. Renee Lea-Currie

*Caveat Emptor.* You have heard the saying before that essentially translates from Latin as *Let the buyer beware.* When shopping for healthy REAL foods within my budget, I frequently think of Caveat Emptor as **LET THE HEALTHY SHOPPER BEWARE!**

When searching the newspaper for the week's best bargains and coupons, I am always struck speechless (for a few seconds) by how many coupons there are for highly processed foods. Do you think it is a coincidence that the incidence of obesity, diabetes, heart disease happened at the same time we started moving away from cooking and eating real foods and eating more packaged convenience foods? No, it is not a coincidence. "Convenience" is killing us and our children. **If there is a great coupon for a processed food, don't cut it out. Leave it alone. Don't discount your health.**

**Ready to Eat", "Cooks in 1 minute", "Just Heat and Serve" are the tag lines for anti-health. We can make better choices when we shop for the foods we eat.**

1. **READ THE LABEL:** Don't get suckered in (yes as in don't be a sucker anymore for advertisers who are not looking out for our health) by the "NATURAL" or "MADE WITH WHOLE GRAINS" or other similar brightly colored advertising claims on the front of food packages. Instead, turn it over and look on the back for the nutrition label and the ingredients list. Remember, ingredients are listed from highest concentration to lowest concentration.
2. **Check out grocery store produce sections that offer already washed and picked "fresh vegetables** (spinach, turnip greens, , corn on the cob, etc), or washed and cut fresh fruit or frozen vegetables in their own ready to steam bag. These are the foods that are truly convenient for our health
3. **Don't shop hungry.** I keep a can of whole cashews or pecans, canned fruit in its own juice on top of my desk at work. This way I can grab a handful so that I am not hungry when I stop at the grocery store on my way home from work.
4. **Make a budget.** Determine the maximum amount of money you can and will spend at the grocery store on this occasion. Take out that amount of money and take only that amount in the store with you. This way you won't be tempted to overspend on junk *foods* or impulse items.
5. **Make a list. 5b. Bring the list with you. 5c. Take the list out of your purse/pocket in the store and pick up the items on the list first.**
6. **Make a friend.** When faced with the slow, long checkout lines, I try to start a conversation with another fellow shopper. If no one is around me, I call my family. The goal is to avoid the temptation of the glistening impulse purchase items in the checkout line.
7. **If you can't pronounce a word on the label, don't eat it**
8. **Check the expiration date.** If it has an expiration date of next year, try to avoid it. Remember, real food spoils faster because it is real. Even insects won't eat some of the junk we eat.
9. **If high fructose corn syrup is the first ingredient,** I put it back and check another brand.
10. **Use the 2 gram (2g) rule. For cereals (cold or hot) and breads: if it has less than 2g fiber per serving I put it back.** If it is minimally processed, the food will retain the natural fiber and "whole grain" nature of the food. I don't have time to calculate if the serving size is smaller or larger than what I eat.