



HealthyBodyHealthyLife
with *Melissa Koerner*

Module 2 - Part 5 Action Step Plan

Why Buy Organic Food Whenever Possible?



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| WHY BUY ORGANIC FOODS WHENEVER POSSIBLE

Here's your success checklist:

- Prioritize buying organic foods in this order:
 - Best: organic, local, seasonal
 - Better: organic, local
 - Good: organic
 - Baseline: conventional (not recommended)

- Look for these produce SKUs:
 - Start with 9 = organic (ideal)
 - Starts with 3 or 4 = conventionally grown (not recommended)
 - Starts with 8 = genetically modified (GMO) or irradiated (avoid)

- If trying to budget and prioritize buying organic foods, buy them in this order:
 - Priority: #1 fats and oils
 - Priority #2: proteins
 - Priority #3: carbs (fruits & veggies)

(See “How to Prioritize Buying Healthy Foods” in your Clean Eating Success Guide for more information.)

- Read “How to Read Food Labels” on your Clean Eating Success Guide to learn what food labels mean.

- Avoid packaged foods that have any of the following language: “Sugar-Free,” “Low-Fat,” “Fewer Calories,” “High Fiber,” “Enriched,” “Natural Flavors,” “Artificial flavors,” and “Artificial colorings.”

- Avoid dead, processed foods.

- Avoid buying foods from the “natural” brands whose parent companies oppose GMO labeling. (See “Shopping Guidelines: What to Buy & What Not to Buy” in your Clean Eating Success Guide for a list of companies).