

Tips to Sustainable Eating

Do's



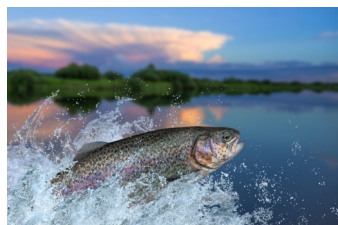
Eat Organic food when possible.



Look to farmers markets for local, seasonal produce. Some accept SNAP.



Dial-down the sugar in all foods. Sugar is highly addictive and lowers immune system function.



Eat wild-caught fish, and only the varieties with the lowest levels of mercury, PCB's and other

Don'ts



Just say "no" to sugar sweetened beverages.



Stay away from excess packaging and bring your own reusable bags.



Cut out GMO's when possible look for the Non-GMO Project seal.



Cut out preservatives and artificial colors in bread, deli meats and packaged foods.

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If eating beef, choose grass fed.

Don'ts



Minimize take-out: studies show those who eat take-out and fast food often have higher levels of PFAS chemicals found in food packaging like pizza boxes, food wrappers and microwave popcorn bags.



Choose safer food containers such as glass and stainless steel.



Say "no" to nonstick: opt for stainless steel or cast iron pans.



Opt for sauces, soups and beverages sold in boxes or glass, to avoid the BPA linings of most canned products.



Don't heat food in plastic wrappings or containers.