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 varieties with the lowest levels of mercury, PCB’s and other contaminants.
- Eat grass fed beef.

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.
- 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.

Visit www.ImusEnvironmentalHealth.org for more information on greening your life!

Hackensack Meridian Health
Hackensack University Medical Center

The Deirdre Imus Environmental Health Center
Tips to Sustainable Eating

**Do’s**

- Choose safer food containers such as glass and stainless steel.
- Opt for sauces, soups and beverages sold in boxes or glass, to avoid the BPA linings of most canned products.

**Don’ts**

- Say “no” to nonstick. Instead opt for stainless steel or cast iron cookware.
- Never heat food in plastic wrappings or containers.

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