

# Tips to Sustainable Eating

## Do's



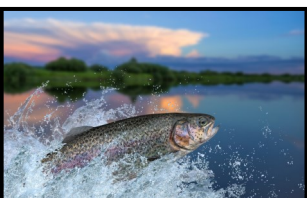
Eat organic food when possible.



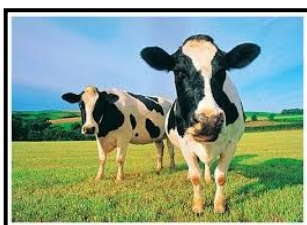
Look to farmers markets for local, seasonal produce. Some accept SNAP.



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.

# 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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