

WHAT IS IN YOUR MEALS (AND WHAT IS NOT)



Ceres kitchen includes (all organic):	Ceres kitchen excludes:
Whole grains (soaked)	Most refined & processed foods
Legumes (soaked)	White flours or refined grains
Locally grown fresh vegetables (cooked lightly to retain nutrients)	Bottled water
Fresh fruits	Farmed/factory meat or fish
Fresh filtered water	Chemical Additives
Wild caught fish	Food colorants
Local pasture-raised poultry	Smoked meats
Unrefined, cold pressed healthy oils: Butter or Ghee Olive oil Sesame oil Foods such as avocados, seeds and nuts	Genetically modified foods Highly processed refined oils such as canola oil, soybean oil, cottonseed oil Trans fats Hydrogenated fats Deep-fried foods Bottled salad dressing and sauces
Natural whole sugars: Fruit Honey Maple syrup Brown rice syrup Raw coconut sugar	High fructose corn syrup Corn syrup Agave Chemical sugar substitutes White and brown sugars
Unprocessed Salts: Sea Salt Sea Vegetables	Processed table salt
Fermented foods	Fast foods
Herbs and spices	Irradiated herbs and spices
Mushrooms such as shiitake, maitake, reishi, and other seasonal mushrooms	
Small amounts of wine for cooking	

Tips for Cooking at Home

- Choose recipes that use seasonal, local produce
- Wash your produce and rinse fish, poultry and meat
- Add health booster foods such as sea vegetables, mushrooms, herbs, spices, fermented foods, and sprouted foods
- If you need to get a prepared item at the store, READ the INGREDIENTS list
- Have a snack or meal before going to the store, so you don't shop hungry
- Keep toxins out (BPA in plastics, teflon in cookware)
- Get a copy of Ceres' *Nourishing Connections Cookbook* at ceresproject.org

