

REAL FOOD CHECK LIST

1. Food that was once **alive**; for example, vegetables, fruit, nuts, seeds and meat.
2. Food that **can spoil**; for example all the above plus milk, yoghurt, cheese, eggs, tofu and tempeh. Try this experiment: leave a bag of French Fries or a hamburger bun from a fast food chain on your kitchen bench top. Check on it every day. They will not spoil! Even 6 months later, there will not be any mould or attack by ants because because of the preservatives and unnatural ingredients.
3. Food that has **natural colour** not artificial colouring.
4. Food that contains ingredients all of which you **can pronounce**.
5. Food that contains ingredients all of which you can visualise in your mind's eye. **Can you picture** what allyl hexanoate looks like? Neither can I. (Allyl hexanoate is the chemical used to give lollies, jellies and other commercial sweets the flavour of pineapple.)
6. Food that contains ingredients all of which you **could cook with yourself**. Yoghurt contains live bacteria such as L. Bulgaricus, S. Thermophilus, L. Acidophilus Bifidus and L. Casei. which you might not be familiar with. However yoghurt is nonetheless something that anyone can make in their own home.
7. Food that does not include a number as an ingredient; for example, emulsifier 471. (Emulsifier 471 is a synthetic fat used to stabilise mixtures that would otherwise separate into their constituent ingredients.) **No numbers**.
8. Food that does **not** contain high-fructose corn syrup. **No HFCS**.
9. Food that does **not** contain trans fats, hydrogenated fats, blended vegetable oils or unspecified vegetable oils. **No trans or hydrogenated fats**.
10. **No compound chocolate**. Compound chocolate contains less cacao, more sugar and very poor quality fats. It leaves an unpleasant film or waxy residue in your mouth. Cooking chocolate tends to be a euphemism for compound chocolate. When you're buying straight chocolate - this doesn't apply to filled chocolates - look at the order in which the ingredients are listed. If cacao, cacao butter or chocolate liquor is the first ingredient - not sugar - then you know you've got the good stuff.
11. Food that does **not** have added sugar as one of the top three ingredients. This means sugar by whatever name it goes by. **Click here** for the 50+ different names for sugar used by the food industry to mask the fact that there is so much sugar in their products. The exception is that one piece of high quality chocolate you buy on special occasions - it can have sugar as the second or third ingredient (but not the first ingredient). **No sugar**.
12. Food that does **not** contain artificial, chemically-produced sweeteners such as aspartame, cyclamate, saccharin, sucralose, tagatose, neotame and acesulfame potassium (Ace K). **No artificial sweeteners**.
13. Food that does **not** come with a toy. **No toys**.
14. Food that is **not** advertised by a cartoon character. Please send me an email if you find an advertisement for fresh fruit or vegetables that uses toys or cartoons. I will amend this recommendation accordingly. So far I have not found any fun characters encouraging children to eat real food. **No cartoon characters**.

15. Food that is not served to you in your car. **No drive-throughs.**
16. Food that is not sold at a service/petrol/gas station. **No car fumes.**
17. Food that needs **more than 15 chews** before you can swallow it. Fast food burgers and donuts have been manipulated to melt in your mouth after less than 10 chews so that you eat faster and eat more.
18. Food that your **great grandmother** (or at least someone's great grandmother) **would recognise** as food. Your great grandmother might not know what wakame (edible seaweed) is but a Japanese great grandmother would.

REAL FOOD POCKET SUMMARY

Real food answers **YES** to the following questions:

1. Was it once alive?
2. Does it spoil?
3. Is that its natural colour?
4. Can you pronounce all the ingredients?
5. Can you picture what the ingredients look like?
6. Could you cook with all the ingredients?
7. Does it need at least 15 chews?
8. Would your great grandmother recognise it as food?

Real food answers **NO** to the following questions:

1. Does it contain numbers?
2. Does it contain HFCS (high fructose corn syrup)?
3. Does it contain trans fats, hydrogenated fats or blended vegetable oils?
4. Does it contain compound chocolate?
5. Is sugar listed in its first 3 ingredients?
6. Does it contain artificial sweeteners?
7. Does it come with a toy?
8. Does it identify with a cartoon character?
9. Can I buy it from my car window?
10. Can I buy it at a service/petrol/gas station?