

# PANTRY PURGE & REFRIGERATOR DUMP CHECKLIST

## GUIDELINES & TIPS

Listed below are items that I consider to be Fertility Food Saboteurs. They lurk in your cabinets and the depths of your fridge and freezer. It's time to get them out of your life! Many people have a hard time 'throwing out' food. This was hard for me as well (to a certain extent). If you'd like, you can donate unopened items to a local food kitchen or church.

The 6 MOST important groups of food that have the biggest impact on your fertility success are **BOLDED** and **UNDERLINED**. These are:

1. **Vegetable Seed Oils**
2. **Grains (wheat and beyond)**
3. **Legumes (particularly SOY)**
4. **Refined Sugar**
5. **Dairy (especially traditional pasteurized dairy)**
6. **GMOs/GE Food**

I go more in depth within each category to help you decode labels both in your home and at the store. I've also included a list of items that may contain 'hidden gluten' as well as terms that are code for gluten in the *Eliminating Gluten Cheat Sheet*. So here we go! Everything listed below need to go adios.

## OILS & FATS

- **Vegetable Seed Oils**
  - canola oil
  - corn oil
  - peanut oil
  - soybean oil
  - "vegetable oil"
  - Don't focus just on bottles of oil that you may have. You will need to read the ingredients of everything in your pantry including mayo, salad dressings, roasted nuts.
- Margarine (ie: "I Can't Believe It's Not Butter. I can! This stuff is nasty!")

## GRAINS

For most people and for the sake of making things less complicated, I recommend completely eliminating grains. That being said, if properly soaked, sprouted and/or fermented, occasional consumption of grains may be ok. My family occasionally eats organic white rice.

- **Wheat** with and without Gluten
  - Any item in your pantry that says it contains wheat has to go)

- Flour (white, whole wheat), bread, pasta, cookies, cake, bagels, muffins, tortillas
- Rice, wild rice
- Quinoa
- Amaranth
- Buckwheat
- Spelt
- Rye
- Sorghum
- Oats, and gluten free oats
- CEREAL!!!!!!

### **BEANS & LEGUMES**

I recommend removing all beans and legumes from your diet due to their inflammatory properties. Much like grains, they may be eaten in small amounts if properly soaked, sprouted and/or fermented. However, very few people know how or actually do this. The one caveat I have to this in this course is *sprouted lentils*. Sprouted lentils have massive amounts of bioavailable folic acid which is essential for all men and women trying to conceive, but even more so for my MTHFR friends. You will find a few recipes including sprouted lentils in the recipes vault. However, if you aren't going to sprout them properly, please don't eat them. Items to eliminate in this category include:

- **SOY!** (In any form. Please closely read ingredients. Even most canned tuna contains soy.)
- Peanuts and peanut butter (peanuts are a legume, NOT a nut)
- Beans: *lentils\**, black beans, pinto beans, red beans, white beans, garbanzo beans, etc (snap peas and green beans are ok)

### **REFINED SUGAR and ARTIFICIAL SWEETENERS**

- Regular refined white sugar
- Brown sugar
- Anything fructose, high fructose corn syrup, malt syrup, dext-anything (Fructose is a fertility no-no. Even fruit has fructose at varying levels, so I recommend limiting that as well)
- Soda
- Juice
- Splenda, aspartame, saccharin Equal, and anything else that is a man-made chemical sweetener

### **DAIRY**

\*\*\* First, let me clarify that EGGS are NOT dairy. Many, many people are confused by this. So if you are too, don't be shy. You are not alone!

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### GMOs (Genetically Modified Organism/GE (Genetically Engineered) Food

- Look for labels that say 'Non-GMO Project Verified.'
- Buy organic produce (TIP: Look for fruit and veggies whose label is 5 digits and starts with a 9. This indicates organic.)
- Buy pastured/organic eggs, grass fed/pastured/organic beef, wild caught fish
- By following the food guidelines and recommendations in this course, you will be avoiding GMOs

### CONDIMENTS & SPREADS

- Peanut Butter
- Traditional Mayonnaise (typically made with soybean and/or canola oil): May keep Paleo Mayo such as those made with avocado or olive oil
- Ketchup

### FOOD DYES & ADDITIVES

Synthetic food dyes are best to be avoided in general. They may be associated with increased risk for hyperactivity, hypersensitivity/allergic reactions, and possibly cancer. Another potential risk is something called genotoxicity, which can lead to mutations or damaging chromosomes. We've spent a LOT of time discussing the importance of protecting our DNA. Therefore, it makes complete sense that we would eliminate these bad boys.

Food dyes and lakes can be found in the usual suspects such as candy, ice cream, cereal and cakes, but they also sneak into some items including pickles! Yes, the yellow color imparted on pickles often comes from food dye. So look for pickles that contain turmeric as an alternative. Here are some other food items that may have sneaky food dyes:

- Smoked salmon
- Salsa
- Flavored applesauce (best to avoid anyway due to sugar)
- Salad dressing
- Pickles (look for turmeric)
- Maraschino cherries
- Oranges (yep, they add it to the peel people)

Other additives that you should keep an eye out for (some of which may trigger allergic reactions):

- Annatto
- Caramel Color
- Titanium Oxide
- Aluminum (anti-caking)

### OTHER INGREDIENTS TO PURGE and AVOID

- Yeast extract = MSG
- Monosodium glutamate (MSG)

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- Calcium sorbate
- Nitrates and nitrites
- Potassium bromate
- Sorbic acid