



The "Good - Better - Best" Approach to Healthy Eating

	 AVOID	 GOOD	 BETTER	 BEST!
<u>FATS & OILS</u>	Hydrogenated oils like margarine or Crisco and refined seed oils (Canola, Corn, Vegetable, Soybean) *restaurant fryer oil*	Conventional grain-fed butter, ghee, and tallow, olive oil, coconut oil	Grass-fed butter, ghee, and tallow, organic olive oil, coconut oil, and MCT	Organic, pasture-raised, 100% grass-fed/finished butter, ghee, or tallow, organic extra virgin & cold pressed olive, coconut, MCT, avocado, & sesame oils
<u>PRODUCE</u>	Not eating fresh vegetables and fruits	Conventionally raised fresh vegetables and fruits	Organic, fresh vegetables and fruits (use the "dirty dozen list" www.ewg.org to know which are most important to buy organic)	Local, organic, and seasonal fresh vegetables and fruits (try your local farmer's market or grow your own)
<u>EGGS & DAIRY</u>	Conventionally raised, cage-free, or powdered eggs and non-fat, sugar laden conventionally raised dairy	Free-range eggs and full-fat, organic dairy (no added sugar)	Organic free-range eggs and pasture-raised, grass-fed, dairy (no added sugar)	Organic, pasture-raised eggs and organic, pasture-raised, 100% grass-fed and grass-finished, full-fat (no added sugar), dairy
<u>MEAT</u>	Conventionally raised meat in a "CAFO" (concentrated animal feeding operation)	Antibiotic and hormone-free and non-GMO raised meat	Organic, pasture raised, and grass-fed raised meat	Local, organic,, pasture-raised, 100% grass-fed and grass-finished raised meat
<u>FISH & SEAFOOD</u>	Conventionally raised, farmed fish, and seafood (especially tilapia)	Humanely harvested, non-GMO, and non grain-fed fish and seafood	Wild-caught fish and seafood (focus on smaller fish "SMASH" - sardines, mackerel, anchovies, and herring), *non-BPA if canned	Fresh, local, and, wild-caught fish and seafood (focus on smaller fish "SMASH" - sardines, mackerel, anchovies, and herring)

The "good-better-best" approach to healthy eating helps you make the best choices based on your circumstances. It's not about being perfect all the time; it's about aiming for the healthiest options whenever you can!



**Connected
Whole Health**
by *Patty Hladki*