

Would Grandma Eat This?

Ditch the Over processed Food "Substances" Your Grandmother Wouldn't Recognize

People always ask: How can I tell if a food is green? There's a quick trick lots of folks are talking about today. Ask yourself, "Would my grandmother (or for some of us, great-grandmother) recognize this thing as actual food?"

This step is about giving your health a boost by avoiding products that your grandmother would not recognize as food. Sure Nana knew what the heck chicken was, but would she have recognized nuggets of poultry bits infused with chicken like flavor? She may have enjoyed a bit of farm-fresh cheese, but would she recognize a block of yellow dairy "stuff" intended to be nuked into a second life of dip?

Would anything in a plastic tube be considered food by your grandmother?

Also, If Granny wouldn't be able to understand the majority of words on the ingredients list you're probably dealing with a processed, artificially sweetened, food product. High in fat, calories and chemicals, these substances (they're not really food, after all) are increasingly linked to our growing levels of disease and our nation's obesity epidemic. Some processing actually depletes naturally nutritious fruits and vegetables of their farm-grown goodness.

So think non-processed foods that your grandmother would recognize and consider safe to eat. Focus on organic meats from humanely raised animals instead of factory-made fun shapes of meat parts. Top your locally baked bread with butter or olive oil, instead of a spoonful of whipped flavored chemicals from a tub. Opt for natural snack foods (nuts, fruit, real yogurt) instead of science projects. Nana would be proud.