

# Dr Cobi's Healthful Cooking Tips

## The Dirty Dozen

Changing the following fruits and vegetables to organic will reduce your pesticide intake by 90%. These are the most densely sprayed produce items:

- Peaches
- Apples
- Sweet bell peppers
- Celery, Nectarines
- Strawberries
- Cherries
- Lettuce
- Grapes
- Pears
- Spinach
- Potatoes

## The Clean 15

All the produce on "The Clean 15" have little to no traces of pesticides, and is safe to consume in non-organic form. This list includes:

- onions
  - avocados
  - sweet corn
  - pineapples
  - mango
  - sweet peas
  - asparagus
  - kiwi fruit
  - cabbage
  - eggplant
  - cantaloupe
  - watermelon
  - grapefruit
  - sweet potatoes
  - sweet onions
- Whenever possible choose organic meats and dairy. Non-organic meats and dairy are loaded with additional harmful hormones, chemicals and antibiotic residue.
  - When choosing oils, the healthiest choices include cold pressed, extra virgin or coconut oil.
  - If you are calorie counting then substitute vegetable or chicken broth in place of oil whenever possible.
  - Spicing up your food with a variety of herbs and spices is a much cleaner option than sauces.
  - Healthy sugar alternatives.....agave nectar, stevia, date syrup, xylitol, brown rice syrup, sucanat, maple syrup.

- Cow's milk alternatives.....unsweetened almond milk, rice milk, hemp milk, goat's milk, soy milk.
- Butter alternative....Earth Balance (available in regular and soy-free)
- When any recipe calls for cheese, choosing a low fat version will greatly decrease the fat and calorie content.
- When making pasta, choosing whole wheat, brown rice, spelt or kamut will ensure greater nutrients and fiber. If you are restricting carbs most pasta recipes can be made with spaghetti squash instead of noodles or simply placed onto wild greens.
- When purchasing fish make sure it is wild and not farmed.