

The Eco-Intelligent Eating Model™

“Nourishing the Health of Our Bodies, Sustaining the Life of Our Earth”

Buy Locally Grown & Protect Organic Standards

Support your local CSA farms which offer “home grown” organic foods. You'll eat fresher, protect biodiversity, decrease dependence on petroleum, and keep money in the community! Also, do your own research to find organic food companies that strictly adhere to organic standards set forth by the National Organic Program (NOP). Protect organic standards from being watered down!

ECO-EATABLES

Whole Grains (Cereals, Bread, Pasta)

Amaranth, barley, buckwheat, corn, millet, oats, quinoa, rice, spelt, teff and wild rice, etc.

Legumes (Cooked, Sprouted, & Cultured)

Cooked: aduki beans, black beans, fava beans, garbanzo beans, white beans, kidney beans and lentils, etc. **Sprouted:** lentils, mung beans and chick peas. **Cultured Soy Products:** Tempeh and miso.

Herbs, Spices, & Sea Salt

Herbs: garlic, oregano, curry, cayenne, parsley, cilantro and mint, etc. **Spices:** anise, cinnamon, cardamom, cloves, ginger, and nutmeg, etc. **Salt:** Celtic sea salt and Himalayan rock salt.

Nuts, Seeds, & Plant Oils

Nuts: almonds, brazil nuts, cashews, macadamia nuts, pecans, pine nuts and walnuts, etc. **Seeds:** chia, flax, hemp, sesame and sunflower, etc.

Sprouted Seeds: Alfalfa, buckwheat, radish and broccoli, etc. **Plant Oils:** derived from coconut, olive, rice bran and peanut, etc.

Fruits & Vegetables

Fresh and Frozen: all kinds. **Cultured Veggies:** such as sauerkraut and Kimchi. **Dried Fruits:** such as figs, dates, raisins and apricots, etc.

Green Super Foods

Barley grass, wheat grass, blue green algae and chlorella, etc.

Recycle Raw Food Waste

40% of landfill content comes from food waste (only 3 percent is recycled) and it releases methane gas that is 20-25 times more potent than Co₂.

Compost all organic food scraps to reduce liquid and solid waste in landfills and curb greenhouse gases.

Support green technologies that convert food waste into a humus-rich, high carbon biomass that can be reused as animal feed, compost, bio-fuel and potable water.



Support the Organic Farming Movement

Organic agriculture is important for our health and the future of our world for many reasons. It's needed to sustainably feed the world. It carries far fewer toxic pesticide residues and is grown without GMOs. It doesn't poison farm workers or the micro-organisms living in the soil that produce healthy, drought-resistant crops. Organic Farming is also better suited to climate change, protects biodiversity and enhances soil fertility. To top it off, organic foods are more nutritious and taste better!

Practice Eco-Intelligent Cooking & Eating

Cook with eco-friendly glass and ceramic vs. aluminum, steel, copper, and (toxic) Teflon. Use energy-saving pressure cookers and convection ovens.

Avoid microwaves which destroy nutrients and produce toxic by-products. Eat in sync with nature's changing climate/seasons.

Eat at least one vegetarian meal per week, to prevent topsoil erosion, preserve fossil fuels, conserve land, spare water, protect oceans, reduce animal waste, and preserve grains for human consumption.

ECO-EATABLES

Grass Fed Meats

Bison, beef, chicken, turkey and pork, etc.

Grass Fed Dairy Products

Cow's milk, buttermilk, goat's milk, kefir, butter, ghee, cheese and yogurt.

Fish & Sea Vegetables

Sustainably Raised: Salmon, mahi mahi, cod and sardines, etc. **Sea Vegetables:** nori, dulse, hijiki, wakame and kelp, etc.

Dairy-Free Products

Beverages: Rice milk, oat milk, nut milk, hemp milk, non-GMO soy milk, coconut milk and coconut kefir. **“Mock cheeses”** made from seeds, nuts and grains.

Eggs & Plant Sourced Sweeteners

Organic, free range eggs. Laid by birds that are permitted outdoor access. **Liquid Sweeteners:** Honey, maple syrup, rice syrup and barley malt syrup, etc. **Dry Sweeteners:** date sugar, coconut sugar, Stevia and monk fruit powder, etc.

Purified Water

Drink filtered water to avoid contaminants in municipal water, such as disinfection chemicals, radiation, heavy metals, PFOA compounds and pharma drugs.

Reduce Food Packaging

Buy food in bulk, 1/3 of the waste produced in the U.S. comes from food packaging. Use cloth bags or paper bags vs. plastic. Invest in a reusable water bottle, 2.5 million plastic bottles are deposited in landfills each hour! Use eco-friendly food totes, utensils and napkins.

Support the manufacture and use of food containers made from biomaterials (such as fungi) vs. non-biodegradable (eco-toxic) Styrofoam.