

Veg: 201

October 7, 2017 - Grocery Store Tour

Fiesta 34 / 3030 Lancaster Rd., Dallas, TX

Produce

Plastic Storage Containers

Acceptable = 2, 4 and 5 (ltd. food storage)

Not suitable for food/beverage storage = 1, 3 and 6 (Polycarbonate a/k/a PCs, usually contain BPA a/k/a bisphenol A, hormone mimicking compound)

Packaged Food

- Pretzel Crisps Original / Stacy's Multigrain / Simply naked
- Love Beets steamed beets, Organic, Non GMO
- Bolthouse Farms 100% Carrot Juice (Conventional, No preservatives)

Fruit and Veggies

- Mostly Conventional
- Conventional grown, four digit code that begins with a 4 sometimes 3, Organic 9, GMO 8

Seasoning

- Fiesta Brand: Cayenne, Cinnamon, Parsley, Sage, Cumin, Onion Powder, Garlic Powder, Black pepper, Paprika, Roux Powder (v)

Miscellaneous

- Medjool Dates
- Tamarind

Boxed Meals

- Zatarain's boxed mixes (v) Gumbo, Dirty Rice, Red beans and rice seasoning mix (Red Beans & Rice contain torula yeast an alternative to MSG and a derivative of the paper industry), Etouffee base, Shrimp creole base, Gumbo base

Aisle 1 (Condiments, Dried Fruit)

Supplements

- Moringa Seeds/Capsules

Dried Fruit

- Dole 100% Natural Raisins

Condiments

- Mt. Olive Simply Relish
- Pimentos
- Capers
- Spicy Brown Mustard - French's/Gulden's
- Ketchup – French's No HFC / Simply Heinz, no HFC, no GMO
- Liquid Smoke, Colgin (gives greens a smoky flavor)
- Vinegar - Bragg's (DIY salad dressing, wellness tonic)
- (v) Salad Dressing – Wishbone EVOO Lemon Herb, Ken's Steakhouse Balsamic Vinaigrette, Kraft Classic Catalina
- (v) McCormick Bacon Pieces

Aisle 2 (Breakfast, Cookies, PB&J)

Nut Butters

- Justin Almond butter, Classic/Hazelnut, personal size

Pancake Syrup

- Cary's maple syrup

Pancake Mix

- Aunt Jemima Whole Wheat Blend/Original
- Full Circle GF

Cookies

- Lil' Dutch Maid (v), except chocolate chip and coconut macaroon
- (v) Oreos, Lance Peanut Butter Crackers, Nabisco Real Fruit Newton's / Animal Crackers / Teddy Grahams / Nutter Butters, Gamesa Populares, Honey Maid Graham Crackers, Keebler Saltines

Breakfast

- (v) Pop Tarts, Brown Sugar / Strawberry unfrosted
- (v) Oatmeal, Quaker Instant Oatmeal, Date Walnut, Apples Cinnamon, Maple Brown Sugar
- (v) Cereal – General Mills Oatmeal Crisps, Cinnamon Chex / Post Grapenuts, Cocoa Pebbles / Kellogg's Raisin Bran Crunch / Rice Crispies
- (v) Nature Valley Granola Crunchy Bar, Oats and Honey / Oats and Dark Chocolate

Tortillas

- (v) La Banderita, Flour / Corn

Aisle 3 (Canned Veggies)

Kitchen Essentials

- Cheese Cloth
- Bamboo skewers
- Steamer basket

Canned Beans

- Full Circle Organic Black Beans (v)
- Blue Runners Creole Style Red Beans (v)
- Progresso Garbanzo Beans (v)
- Heinz Vegetarian Beans

Fruit Juice

- Dole 100% Pineapple Juice not from concentrate (small cans)

Aisle 4 (Dried Beans, Legumes, Grains)

Tomato Sauce

- Best – Del Fuerte, box
- Better – Hunts / Red Gold, BPA free cans

Dried Beans

- Full Circle Organic Lentils, garbanzo, black bean, kidney

Grain

- Near East Cous Cous
- Full Circle Organic Brown rice / Basmati

Mac n Cheese - Annie's (veg), Full Circle Organic

Pasta

- (v) Ronzoni GF Penne, Barilla Whole Grain Shells, Full Circle Organic Spaghetti

Sauce

- (v) Ragu Homestyle Thick and Hearty Roasted Garlic, Newman's Own Marinara, Classico Sweet Basil

Aisle 5 (International Foods, Herbal Supplements)

Mineral Water

West African/West Indian Food

- Palm oil, Ginger beer, garlic pimento seasoning, Jamaican water crackers, green plantain chips

Asian

- Soy sauce, chili sauce, Sriracha, coconut milk, water chestnuts

Mexican

- Sea Salt (bagged)
- Rice Flour

Bread

- 100% whole wheat, Nature's Own / Sara Lee, Cobblestone Bagels (v)

Aisle 6 (Herbs / Spices, Baking, Oils)

Seasoning and Herbs (Plant Based Cooking Gold)

- Ground flax seed
- Cream of Tartar, used in vegan baking and mayo / Turmeric, golden milk / Smoked Paprika, bbq flavor / Bay Leaves, dried bean seasoning, Cajun / Ground Mustard, vegan mayo

Sea Salt

Sea Salt and Pepper Grinders

Oils

- Lou Ana Refined Coconut Oil (aroma, flavor free) / Spray, Olive Oil

Baking

- Hershey Syrup (v)
- Baker's Chocolate (48%, 56% and 100% cacao) (v)
- (v) Betty Crocker Ginger Bread Mix, Pillsbury Dark Chocolate Brownies, Duncan Hines French Vanilla Cake, Duncan Hines Classic Vanilla Frosting, Pillsbury Coconut Pecan Frosting
- Vanilla cook and serve pudding (v)
- Simply Homemade Cornbread

Sweetener

- Madhava Agave, Sugar in the Raw, Organic cane/Brown sugar

Aisle 7 (Coffee / Tea)

Hot Beverage

- Coffee, Coffee Mate (veg)
- Tea - Stash Peppermint, Lemon-Ginger, Chamomile, Green, Chai

Aisle 8 (Chips)

Chips

- Pringles Original / BBQ (v); Lays Classic; Sun Chips Original; Cape Cod, Most; Fritos Original; Ruffles Original; Zapps Voodoo / Regular

Snacks

- Corn Nuts, Chile / Original (v)
- Snyder Pretzels

Aisle 9 (Personal Hygiene)

Body Care

- Fruit Oil, Tea tree oil, Ricola cough Drops, Epsom salt

Aisle 10 (Cleaning Supplies)

Aisle 11 (Kitchen Essentials)

- Ball Canning Jars, great for food/juice storage
- Parchment paper

Aisle 12 (Beverages)

Water

- Crystal Geyser
- Coconut water, Plain / Flavored

Alcohol

- (v) Sutter Home White Zinfandel / Cabernet Sauvignon, Yellow Tail Sangria and all Reds

Aisle 13 (Frozen Foods)

- (v) Chung's Vegetable Spring Rolls, Fried Plantains
- Ore Ida Fries / Tater Tots & Grown in Idaho Fries

Nut Milk

- Cashew, Coconut, Almond and Soy

Aisle 14 (Frozen cont'd)

Dessert

- Frozen fruit pops

Meal Analogues

- (veg) Morning Star Farms Burger, Sausage Patties, Bacon

Register

- Candy: Airheads & Sour Patch kids (v)

Detoxing

1. Stretching and massage, helps the body to release built up toxins
2. Eat purifying foods – Vit C, fresh veggies, berries, nuts, seeds and grains
3. Herbal Supplements – Alfalfa, Dandelion, Milk Thistle
4. Clean your colon
5. Activated Charcoal, Citrus Pectin

DIY

Alkaline Water

- 1 gallon filtered water
- 1 lemon, cut in quarters, not squeezed
- 1t pink sea salt
- Let sit overnight at room temperature

Kidney Detox (1-2x/wk)

- 1 liter of water, boiled
- 5 stems of parsley
- Boil for a few minutes
- Juice of one lemon, add
- Drink AM, empty stomach; After lunch; Later afternoon, After dinner

Produce Cleaner

Produce with skin - fill sink with cool water, add 1 c white vinegar, soak 1 hour, scrub, rinse

Leafy/Cruciferous Veg - fill ½ sink with water, 2 c white vinegar 2 tbs salt, soak 15 minutes, rinse

Berries - 4 cups of water, 2 tbs white vinegar, soak 5 minutes, rinse, eat

Resources

Environmental Working Group

www.ewg.org

Dirty Dozen & Clean Fifteen

☺ sweet corn, avocados, pineapples...

☹ strawberries, spinach, nectarines...

Barnivore Vegan Beer, Wine, Liquor Guide

www.barnivore.com

PETA Accidentally Vegan Food List

www.peta.org/living/food/top-accidentally-vegan-foods/

GMO Labeling Law

<http://texasfarmbureau.org/gmo-labeling-bill-signed-law/>



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- Sodium Recommended Daily Allowance (RDA) = 2,300 / 1,500
- Torula Yeast = MSG alternative, by-product of paper industry
- Red #40 = Toxic, petroleum/coal tar sometimes oil derivative, linked to ADHD in children
- Blue #1 = “ “ ADHD, asthma, allergies...
- Yellow #5 = “ “ Asthma, migraines, thyroid cancer, anxiety, depression, banned in Austria and Norway
- Yellow #6 = “ “ Diarrhea, gastric upset, migraines, ADHD