



## A Helpful Guide to Purchasing Meats for Health and Wellness

### Beef

**Best:** Grass fed, Hormone free beef, any cut.

**Acceptable:** Other varieties, conventionally raised for slaughter houses are not faux, but are not nearly as good for you as normal beef.

### Poultry

**Best:** Free range chickens and those produced without artificial ingredients.

**Acceptable:** Birds with no artificial ingredients.

### Pork

**Best:** Lean center cut pork chops, tenderloin.

**Acceptable:** Pork sausage in moderation.

### Processed Pork Products

**Best:** If you can find nitrate-free bacon (and this is actually available now), this would be your best bet. Freshly made sausage from your butcher or, in some cases, from right there in your grocery store meat section, is wonderful because it does not have to be spiked with preservatives.

**Acceptable:** All standard baloney, hot dog, sausage products in this section are acceptable, if barely.

### Deli Meats

**Best:** Any of the meats or cheeses, as long as they are nitrate free and not made from hydrogenated oils.

**Acceptable:** Conventional deli meats, as long as you limit the darker varieties to once per week. Ham, you can have a couple of times per week, and chicken/turkey 3-4 times per week.



### How Often to Buy?

**Beef:** Treat your beef like all your other foods: high quality, low quantity. Your beef should be very good, but eaten as an exception to your normal routine.

**Poultry:** Make this your staple meat. This can be consumed a few times per week.

**Pork:** Keep enough on hand to have pork a couple of times per week. The sausage used for flavoring freezes very well, so just keep some on hand in your freezer. You will end up buying this once every few weeks.

**Processed Pork Products:** No more than once per week.

**Deli Meats:** No-preserved deli meats and fresh cheeses are terrific staples to have on hand for emergency lunches, etc., but the nitrate laden varieties should be limited to once per week, and the hydrogenated cheeses should never be substituted for the real thing.