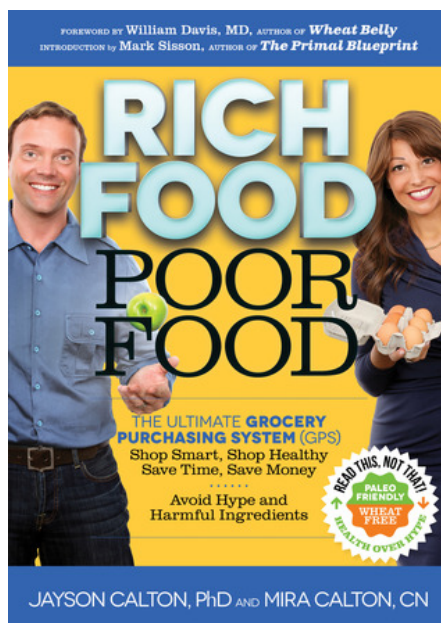




Rich Food Poor Food: Your Grocery Purchasing System

Jayson Calton , Mira Calton

Download now

Read Online ➔

Rich Food Poor Food: Your Grocery Purchasing System

Jayson Calton , Mira Calton

Rich Food Poor Food: Your Grocery Purchasing System Jayson Calton , Mira Calton

Welcome to RICH FOOD, POOR FOODS - Your personal GPS or Grocery Purchasing System. In their first book, Naked Calories, the Caltons revealed the importance of choosing the most micronutrient RICH foods. Now they make these foods even easier to identify, making sure you leave the checkout with a cart full of essential vitamins and minerals. This indispensable grocery store guide takes you aisle by aisle, from the produce section to the pasta aisle, visiting every department in between, teaching you how to identify potentially problematic ingredients and sharing tips on how to lock in a food's nutritional value during preservation and preparation.

Rich Food Poor Food: Your Grocery Purchasing System Details

Date :

ISBN :

Author : Jayson Calton , Mira Calton

Format :

Genre : Health, Food and Drink, Food, Nonfiction, Nutrition, Cookbooks



[Download Rich Food Poor Food: Your Grocery Purchasing System ...pdf](#)



[Read Online Rich Food Poor Food: Your Grocery Purchasing System ...pdf](#)

Download and Read Free Online Rich Food Poor Food: Your Grocery Purchasing System Jayson Calton , Mira Calton

From Reader Review Rich Food Poor Food: Your Grocery Purchasing System for online ebook

Melanie says

3.5 stars. Solid suggestions, but almost as dogmatic as Nourishing Traditions, though far less tedious.

In order to get the best use and understanding of this book, you probably need to have read "Naked Calories," the authors' first book, which I haven't, so. There are a lot of buzzwords and lingo, like "Everyday Mineral Depleters," "Sinister Sugar Substitutes," "Banned Bad Boys," etc., but luckily without the ridiculous R-in-circle of a trademark.

This is the sort of book that will be outdated so quickly it probably already is, because it lists specific products to buy or to avoid. It reminds me of one of those food articles in a woman's magazine, both in reading level and in product specificity. Also the authors are grain-haters, with all the scientific rigor of typical grain-haters, which is to say none save anecdotal evidence. And while they have clearly-defined go-to foods, the rejects are usually hyperbole (like, "get Organic Valley Milk. Avoid Yoohoo"). To me, there's a lot more gray area along a product continuum.

Let me say flat-out that I hate stevia in all its forms (has a sour/metallic aftertaste), and that I haven't read any peer-reviewed research about phytic acid, so am not willing to reject grains and legumes wholesale. I am an all-things-in-moderation type, even alcohol, which this book doesn't mention at all.

But yeah, the idea is that almost all processed food is filled with questionable substances, and even natural food probably has minute amounts of at least a few questionable substances (glutamic acid, pectin, oxalic acid, non-stevia sweetener), so maybe the best take away is to pick your poisons and don't eat things that you know are primarily composed of artificial dyes and GMOs.

Dana says

This book is an excellent resource for everyone who wants to eat a more healthy diet and get unhealthy preservatives and other chemicals that are put in food out of their diets. The authors begin by explaining that just because a processed food may call itself healthy, that certainly does not mean that it is actually better than other processed foods. In a comparison of Classic Lays Potato Chips vs Baked Lays Potato Chips, the baked ones appear to be healthier based on the fact that they have lower calories and lower fat and sodium content. However, when you look at the ingredients - the Classic Lays contain just Potatoes, Vegetable oil and salt. The Baked Lays contain Dried Potatoes, Cornstarch, Sugar, Corn Oil, Salt, Soy Lecithin and Corn Sugar - actually a less healthy option than the Classic chips. This book explains what many of the poor food ingredients are - since some of them are chemicals and most of us have no idea what they really are or where they come from or how they are created, and how and why they are bad to consume. The authors advocate a whole foods, non-gmo food, organic when possible diet free of as many processed foods as possible. They give recipes for making your own foods like almond milk, mayonnaise and ketchup and they rate and list a variety of foods by brand name as being rich or poor foods. I found the book well written, highly informative and easy to use. It is limited by the fact that it does not - and cannot rate all foods in any category and also by the fact that processed food companies change their products from year to year. However, it is an excellent and timely resource and I highly recommend it.

Suzanne Barrett says

I've been following a Paleo diet for six months after being introduced to Primal Blueprint by Mark Sisson. I learned about Rich Food, Poor Food on Mark's blog, Mark's Daily Apple, and was intrigued by the wonderful writeup and from the Caltons themselves on their Facebook page. (It seems that one good book begets another, and after devouring Mark's Primal Blueprint and Primal Connection plus a few recipe sites, I was in need of yet another Paleo tome.

Rich Food, Poor Food was the ideal choice because it follows a logical mix of science and practicality, not to mention a good dose of humor!

The book is divided into parts with a "Know Before you Go" section that explains why we need a guide to why we should choose micronutrient foods and how to navigate grocery aisles filled with foods deceptively advertised. Part two guides you from aisle to aisle showing you why you should make wise choices for health's sake. There's a "Steer Clear" section after each aisle that explains why certain popular foods are poor choices (having added sugars, genetically modified grains and oils and questionable to downright dangerous chemical additives). I was astounded to learn there are fourteen different names for mono-sodium glutamate (with names such as hydrolyzed vegetable protein). Rich Food, Poor Food points these out so we can be more discerning.

Navigating each aisle gives the reader the best choices followed by foods to avoid and then sums up each with a list to take shopping with you. I purchased the Kindle version of this book but will be ordering a paperback copy so I can add my own notes. I consider myself a careful shopper, but in reading Rich Food, Poor Food, I found several items I have purchased thinking they were good, but finding they weren't. Another plus is that the authors show several examples of foods and recipes you can make yourself for Rich Food choices. One that I made for my family is their buckwheat pancakes which are the best Paleo pancakes I've tried. They even have a recipe for making your own ghee.

The authors name brands, both Rich and Poor to help the shopper avoid the landmines of poor nutritional choices. This is a book that should be in every Paleo household. I recommend it highly. It is unique in identifying foods based on what the health-conscious Paleo shopper is looking for, things such as wild caught fish, grass-fed beef, raw/organic cheese, organic meats, pastured eggs and dairy, organic produce and sprouted grains, nuts and seeds.

Barbara Johns says

This is one of those books that should be on the "must read" list of anyone visiting a grocery store that isn't interested in a long-term relationship with his or her endocrinologist. I'm pretty dialed into what food is healthy and what isn't, but I learned some things from this book that I didn't know before (for instance, arsenic is in factory-farm chicken at about 2000 times what the EPA considers a cancer risk if it were in our water, and how to reduce or eliminate ingesting such high amounts when buying chicken in the store). It is organized into an easy to read format, so that you can easily skim to the important info if you're short on time, or you can dig in a little deeper if you're interested in more info.

On the flip-side, I hope the people I don't like very much miss this book completely and thus continue with their ministry of limiting world overpopulation by sticking to the SAD diet and buying products that look healthy, but aren't.

Sam Torode says

Though it's only February, I think it's safe to declare this the best food/nutrition book of 2013. It's chock full of important, little-known facts, plus practical shopping and recipe tips, and the appealing full-color layout makes it a joy to peruse.

Art Aughey says

During the journey to improve my health, I stumbled upon the book Naked Calories by Mira and Jayson Calton. With regard to diet, all we ever hear about in the media is macronutrients (protein, fat and carbohydrates) and how they impact your diet. Here was this couple telling me how micronutrients play an integral part in what you eat! This was a real eye opener for me and I could not put the book down until I read it cover to cover. When I heard that the Caltons were getting ready to launch new book, I could not wait to get my hands on it! My wife and I were fortunate to see the Caltons give a talk recently and I was able to purchase a copy of the book early.

Rich Food Poor Food is the perfect follow-up companion to Naked Calories. It takes the theory of eating nutrient dense, real food and helps us learn how to shop and obtain the maximum amount of micronutrients in the food you eat. It was immediately clear that an amazing amount of time and research went into creating this book. Over the last year, I have read numerous books, blogs and articles on nutrition and still learned so much more from reading Rich Food Poor Food!

The book is beautifully designed in a logical manner that anyone can follow. The perfect mix of science and practicality allows the reader to literally walk through the grocery aisles chapter by chapter to learn what optimal foods to buy. Each recommendation is clearly defined and you are taught why you should choose certain products over the other. I do consider myself to be a savvy shopper when it comes to food and I still found products listed that I should "Steer Clear" of that I do consume.

I have now purchased three copies of this book. One to keep in car for quick reference while shopping, one to loan out and one at home for planning. An added bonus to the valuable information packed in the book are the coupons from many of the different recommended product companies! This is all available in the resource section of the Rich Food Poor Food website along with other extremely useful tools to help you hone your shopping skills.

In my opinion, Rich Food Poor Food should be required reading for anyone that cares about what they eat. We spend so much of our hard earned money trying to eat the right food. This guide helps to ensure that one gets the most health benefit out of their food dollars. Educational, entertaining and chock full of rich information, you will not be disappointed and I would be shocked if you didn't devour its contents as I did.

Thank you Mira and Jayson for your tireless dedication in leading the Rich Food Revolution!

Della Nova says

I thoroughly enjoyed this book, although I think I would have enjoyed it even more if I read their "Naked Calories" book first. Overall, it is well written, easy to understand, and very informative. I enjoyed their "take you through the aisles" approach and the way they pointed out how much sugar is really hiding in our foods.

They explain the various chemicals hiding in our foods and give persuasive reasons on why we need to upgrade our diets to get the highest nutritional value. I like that they provide a strong emphasis on the best possible foods around.

People who are not already familiar with the US food system/Paleo/Whole-foods living, or have not already read books such as Wheat Belly/Naked Calories/It Starts With Food, may find this book overwhelming, and possibly extreme in how much their guidelines cut out. I'll admit, their suggestions are not easy to follow, but after reading it you'll feel motivated to change your eating.

Erica says

This book has a lot of information on clean, whole eating and really breaks down all the ingredients in processed foods. I had to break up the reading into chunks and skim some because it can be very overwhelming for someone that doesn't eat organic, non-gmo, raw, unpasteurized, etc etc foods. I feel I already eat pretty whole for the most part, but this book takes it to a whole other level. I really liked that I learned what a bunch of the food additives mean and how they are not good for us, i.e. "carageenan", "natural flavoring", "dextrose", "bht", etc. While I can't afford the raw, unpasteurized dairy (a gallon of milk in my neck of the woods is \$8--yeah right!) and a lot of the other things, it was great to get better options and saw some, ok, maybe one or two products that I already use. :)

Joseph says

Not a bad book. Think of it as a Paleo/Primal version of "Eat This, Not That!"

Info is good, and I will use some of the ideas here when making my own grocery list.

Alison Golden says

This book is a compendium of information about the food on our shelves. I particularly like the fact that it debunks the marketing-speak for sugar such as "evaporated cane juice" although they don't mention my favorite - "organic sugar", (don't be fooled, it is still sugar!) Great resource for those new to investigating their food supply as well as those who are advanced. There is always more to learn, and more to stay ahead of. This book is a great help.

Katie says

A fun easy read to remind you of all the poor food choices you can make on a normal grocery trip.

Gold says

Informative, easy to read, nice pictures, and even funny too!

Amber says

This book had some interesting and useful tips about food additives and which foods you are better off buying organic. Where the authors lost me was at wheat-bashing (which seems to be an increasing fad in the U.S. these days). Yes, there are people who have a wheat intolerance or celiac disease, and for those individuals, it absolutely makes sense to cut out wheat products. For myself, wheat and wheat products are fine. As with any foodstuff, moderation is key. I don't subsist solely on pastas, breads, and cereals, but I am not going to cave to fear-mongering and shun those products entirely. It is disappointing that in recent years I have not been able to find a book about healthy eating which doesn't villainize either wheat, dairy, or meat in some way.

Nanci says

Excellent resource even if just to confirm what you probably already know: eat organic preferably and buy from companies that care about what goes in their products. Stay away from sugar and chemicals in your food. I like the 100 mile rule to eat local rule since the longer the produce travels more micro-nutrients are lost.

David says

I saw the Calton's interviewed on Fox TV and was compelled to buy this book. I personally think that we are eating too many additives in our food that we may find are not healthy for us. After all the recent scandals, do you trust the IRS? As for me, I think the FDA is not much better off, perhaps worse. At any rate, this book informs the reader on how to purchase more healthy foods and then gives lists of some brands that are healthy and some brands that are not so healthy. A good read if you have interest in the subject (Perhaps we all should).
