

## **FOOD & BEVERAGE TIPS**

**Sweetened carob chips** for chocolate lovers.

**To smarten up a regular salad** try adding whole pitted olives, sunflower sprouts, artichoke hearts, goat cheese, and topping with a delicious balsamic vinegar dressing. (See my website for delicious recipes).

**SAY NO TO GMO** (Genetically modified organisms) call IGA 1-604-444-6211, SaveOn 1-800-242-9229, Canada Safeway 1-800-723-3929, Real Canadian Superstore 1-403-291-7884, Thrifty Foods 1-800-667-8280. Most popular GM foods are onions, potatoes, corn, canola and soy but if you buy them organic they will not be GM.

**Organic butter.** Available at most grocery stores. Order by the case for better pricing and freeze.

**Organic canola oil** salad dressing called Simply Natural.

**Organic Meat:** Most grocery stores will sell free run or organic eggs, organic chicken (Thrifty's), nitrate free bacon (Thrifty's), Save On sells organic beef.

**Organic Soy mayonnaise** is available under the trade name of Nayonaise by Nasoya. It works fine for canned salmon, egg salad and sandwiches.

**Organic Peanut Butter** and other organic nut butters are available from Nuts to You Inc. Great on celery.

**Organic pickles** are made by Cascadia Farms.

**Organic Tofu:** Campbell River Restaurant Supply sells organic tofu that can be made into main courses or desserts. Pete's To Go desserts are tasty too.

**Rice bread:** Steiner Bakery, Panne Rizo Bakery supplies Edible Island in Courtenay and IGA. 604-736-0885 or [www.PanneRizo.com](http://www.PanneRizo.com)

**ShariAnn's organic soups** have two new flavours: Minestrone and Tomato Roasted Bell Pepper. These were available at IGA in Campbell River.

**Amy's Organic Soups** are very tasty too!

**Susi's Seafood or St. Jean's** in Nanaimo: great canned salmon and smoked salmon.

### **SNACK IDEAS:**

**Salmon Pepperoni** and salmon candy available at Thrifty's

**Pomegranates** when in season

**Frozen grapes, blueberries, or peas:** organic berries available in freezer section of stores.

**Pete's Tofu To Go** is an organic soy product with dipping sauces that are quick and easy hot or cold.

**Hot Boy or TaiPanRice Crackers:** Be aware that other packages of rice crackers may contain sugar, additives and MSG!

**Barbara's Bakery** makes great Cheese-puffs in several flavours. This one isn't organic but doesn't have preservatives, artificial flavours or colours.

**Que Pasa Corn Tortilla Chips,** made from organic corn, and non-GM canola oil are now available in two flavours. Available at Save On Foods.

**Certified Organic Chips** made by Good Health: Finally a truly organic potato chip that uses ALL organic ingredients.

**Organic Pop Corn:** Make your own using an air popper and organic butter, spike and nutritional flaked yeast. Tastes great! Available in bulk at Thrifty's and Save On.

## **FOOD TIPS (continued)**

### **Sesame Snaps**

**Organic carrots** so good even your kids will like them!

**Litehouse Organic Salad Dressing:** Finally a salad dressing containing organic, non GMO canola and soy oil.

**Organic Baby's Only Soy and Dairy Toddler Formula:** This is not yet available from stores in Canada, however we can order it for you.

**Non-irradiated** spices made by Westpoint and Frontier. Look for them in health food stores.

**Silver Hills Organic Bread:** This bread is all organic and supposedly made without flour. This bread is still not recommended for my patients on wheat or yeast free diets however if tolerated well is better than other non-organic brands on the market. Keep in mind that 100% rye and barley are the best to help maintain your blood sugar levels.

**Perfect 10 Energy Bar:** Contains three ingredients: three types of nuts, three fruits and four types of seeds. It is not organic but does not contain gluten, dairy or added sugar and all ingredients are raw and unprocessed. Available at Thrifty's and Save On Foods.

**Venison Pepperoni:** [Seaview Farms](#): These freeze and thaw quickly for quick protein snacks. 250-337-5182

**Organic Almonds or walnuts:** a handful per day will lower cholesterol, provide calcium and decrease cravings for sweets.

**Organic Frozen Soy Beans:** Thrifty's sells these and tasty frozen or steamed.

## **BEVERAGES:**

**Carob flavoured soy or rice milk** and add 8 oz to 1 tsp of Inka, Krakus or Caf lib.

**Organic milk and cream** are available at many stores for those who can tolerate a bit of dairy.

**Silk Coffee Whitener** available at Save On Foods and Thrifty's. An organic soy coffee whitener that can get you off of cream or the International Coffee Flavours.

**Organic Earl Grey Tea with Green Tea.** There are numerous herbal teas on the market. They can be combined to make interesting flavours. Great for kids too!

**Krakus:** a cereal beverage made of roasted barley, rye, chicory and beetroots. When mixed with a little honey and soy silk coffee whitener is a tasty substitute for a specialty coffee.

**Yerba Mate** green tea or Intaba Rooibos green tea

**Ginger Tea:** boil large sliced ginger root in 10 cups of water for 1 hour. Sweeten with stevia to taste, add mint, lemon or lime. Serve hot or cold. Great in place of ginger ale pop!

**RESTAURANT SUGGESTIONS:**

These restaurant suggestions provide wheat, dairy and meat free suggestions that are tasty. Most restaurants will serve dishes without wheat and dairy if you request it. Most grocery stores sell Sushi to go as well.

**Amy's:** delicious rice dishes as well as a grocery store!

**Baan Thai:** fine dining with coconut milk and rice

**Sushi by the Sea:** rice based

**Wasabiya:** rice based

**Katie's Rice Box:** rice based

**Koto's:** rice based

**Fusilli Grill:** serves a delicious chinese chicken salad

**Riptide** serves organic foods