



# The Healing Grocery

CHEAT SHEET

Your Pocket Guide to Choosing Foods That Heal (Not Harm)

The grocery store is where most people lose the battle—before they ever begin.







You don't fail because you lack discipline.  
You fail because your environment is stacked against you.

This guide gives you the power to:

- ✓ See what others overlook
- ✓ Avoid what's working against you
- ✓ Build a kitchen that supports healing

Because if it's in your house... it's in your body.

## SECTION 1: PRODUCE LABEL DECODER (PLU CODES)

CONVENTIONALLY GROWN	ORGANIC	GENETICALLY MODIFIED
		
<b>4 DIGIT CODE</b> STARTING WITH 3 OR 4	<b>5 DIGIT CODE</b> STARTING WITH 9	<b>5 DIGIT CODE</b> STARTING WITH 8
		

# PLU CODES

## EXPLAINED



**P** **X** **X** **X** **X**

### PREFIX

can give you information about the produce

### PLU CODE ITSELF

series of numbers within the 3000 and 4000 series no 1 number represents anything in particular.

0

CONVENTIONALLY GROWN

9

ORGANIC

8

GMO

### RESULTING PLU CODE

XXXX

9XXXX

8XXXX

#### SOURCES:

<http://www.ifpsglobal.com/identification/PLU-Codes>

<http://kitchenconfidante.com/how-to-read-produce-labels-one-quick-tip>



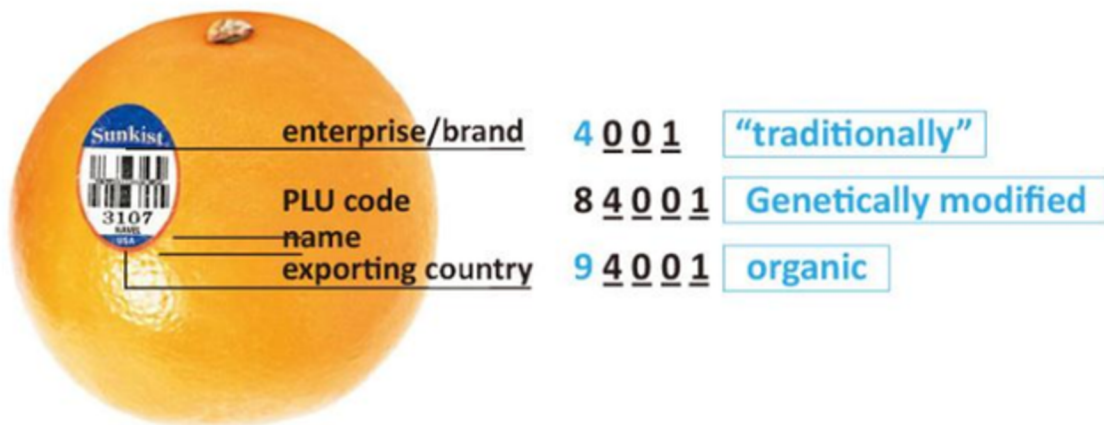
**iFOCUS** Health

By reading the PLU code, you can tell if the fruit was genetically modified, organically grown or produced with chemical fertilizers, fungicides, or herbicides. Here are the basics of what you should know:

If there are only **four numbers** in the PLU, this means that the produce was grown conventionally or “traditionally” with the use of pesticides. The last four letters of the PLU code are simply what kind of vegetable or fruit. An example is that all bananas are labeled with the code of **4011**.

If there are **five numbers** in the PLU code, and the number starts with “**8**”, this tells you that the item is a genetically modified fruit or vegetable. Genetically modified fruits and vegetables trump being organic. So, it is impossible to eat organic produce that are grown from genetically modified seeds. A genetically engineered (GE or GMO) banana would be: **84011**

If there are **five numbers** in the PLU code, and the number starts with “**9**”, this tells you that the produce was grown organically and is not genetically modified. An organic banana would be: **94011**



Look at the sticker on fruits & vegetables:

- **4 digits (e.g., 4011)** → Conventional
  - May contain pesticides
- **5 digits starting with 9 (e.g., 94011)** → Organic (BEST CHOICE)
- **5 digits starting with 8 (e.g., 84011)** → Genetically Modified (GMO)
  - Rare—but AVOID when seen

### YOUR RULE:

If it doesn't start with 9... think twice.

## SECTION 2: APEEL COATING (THE HIDDEN LAYER)





### **What is it?**

A shelf-life coating used on produce to make it last longer.

Where you'll see it:

- Avocados
- Apples
- Citrus
- Cucumbers

Where it's commonly sold:

- Large chains (varies by location):
  - Kroger
  - Walmart
  - Costco

### **How to AVOID:**

- ❑ Choose organic when possible
- ❑ Ask produce manager: "Is this Apeel-coated?"
- ❑ Look for duller, natural skin (not overly shiny)
- ❑ Shop at:
  - ✓ Whole Foods Market (often labeled when used)
  - ✓ Local farmers markets (best option)

## SECTION 3: GMO vs NON-GMO

### Most Common GMO Crops:

- Corn
- Soy
- Canola
- Sugar beets
- Cottonseed oil

### Where they hide:

- Corn syrup
- Soy lecithin
- Vegetable oils

### Look for labels:

- ✓ "Non-GMO Project Verified"
- ✓ Organic (automatically non-GMO)

### YOUR RULE:

If it's processed and contains corn or soy... assume GMO unless proven otherwise.



## SECTION 4: INGREDIENT RED FLAGS

### HIGH FRUCTOSE CORN SYRUP (HFCS)

- Found in: sodas, sauces, breads, snacks
- Drives fat storage + insulin resistance

#### Better Choice:

- ✓ Dates
- ✓ Maple syrup (small amounts)
- ✓ Whole fruit

### ■ MALTODEXTRIN

- Hidden in: protein powders, "health foods," seasonings
- Spikes blood sugar faster than sugar

#### Your Rule:

If you're reversing diabetes—this is a NO.

#### Better Choice:

- ✓ Whole food carbs (sweet potato, fruit)
- ✓ Homemade versions of sauces/snacks

### ■ "NATURAL FLAVORS"

- Found in: almost everything packaged
- Can include chemical processing + hidden additives

#### Your Rule:

If it doesn't tell you what it is... it's not for you.

#### Better Choice:

- ✓ Foods with recognizable ingredients only

## SECTION 5: SIMPLE SWAP GUIDE (IN-STORE)

INSTEAD OF THIS:	CHOOSE THIS:
Flavored oatmeal packets	Plain oats + fruit
Bottled salad dressing	Olive oil + lemon
Fruit snacks	Real fruit
Dairy milk	Unsweetened plant milk
Processed snacks	Nuts, dates, fresh produce
Store-bought sauces	Homemade simple versions

## SECTION 6: THE 3-SECOND RULE

**Before you put anything in your cart:**

- ✓ Can I recognize every ingredient?
- ✓ Would I cook this at home?
- ✓ Does this support healing—or inflammation?

If not... **put it back.**

### FINAL TAKEAWAY

Your kitchen is not neutral.

It is either:

- ✓ Supporting your healing
- ✓ Or quietly working against you

Every item you buy is a vote.