



EXPOSÉ

BE IN HEALTH

Eating To Live Healthy

Robert D. Cook, Pastor



JOY OF FAITH

How to read codes on produce

Ionizing Irradiation

Electronically Pasteurized

PLU codes that start with a 3: **#3xxxx**

Conventionally Grown

Sprayed with pesticides

PLU codes that start with a 4: **#4xxx**

Precut Produce

Fruits & vegetables

PLU codes that start with a 6: **#6xxx**

GMO & GE

Genetically Modified Organisms

PLU codes that start with a 8: **#8xxxxx**

Organic

Limits the use of synthetic materials during production

PLU codes that start with a 9: **#9xxxxx**



*"9 is good,
8 not so good,
3 or 4 wash
for sure."
- Penny McIntosh,
Health Coach*

Coach Penny's Recommendations

Today's charts and notes are available free online at joyoffaith.com for immediate download following service.



- Avoid boxed, bagged, and canned foods.
- Avoid all low fat, diet foods and drinks.
- Avoid refined wheat flour products.
- Buy organic whenever possible.
- Purchase wild caught fish from clean water areas.
- Purchase grass-fed, free range, hormone free meat.
- Purchase raw, hormone free cheeses.
- Purchase organic butter, never margarine.
- Purchase raw cow's or goat's milk, never homogenized.
- Purchase eggs from grain-fed, hormone-free chickens.
- Purchase raw, unsweetened, unsalted nuts and seeds.
- Cook with coconut oil for high heat, and olive oil or grapeseed oil for low heat cooking.



Penny McIntosh
Health Coach



Coach Penny's Food Shopping Strategy



1ST Shop the perimeter of the grocery store.

2ND Shop the health food section.

3RD Leave the grocery store to shop at the local farmer's market for grass-fed meats and organic produce.

4TH Shop a local farm to purchase raw cow's or goat's milk produced by free-range, grass-fed animals.

3 Main Things To Know About Diet

- Eat a diverse diet of fruits and vegetables.
- Eat fresh foods that are in season and ripe.
- Eat whole foods in their complete packages.



Christina Warinner
Molecular
Anthropologist

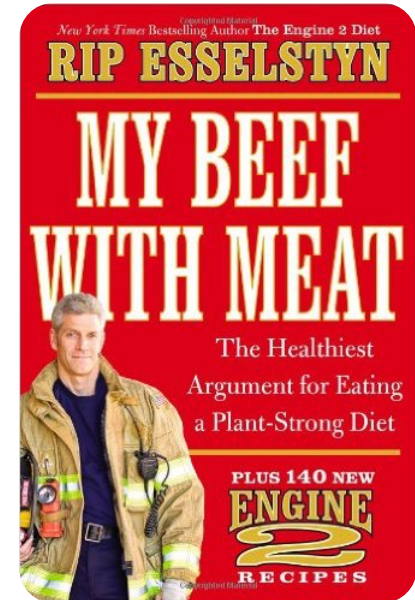
"Food is more than the sum of it's calories and nutrients, so it should be eaten in it's whole and unprocessed form."



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Take The 28-Day Vegan Challenge

RAW FOOD PYRAMID



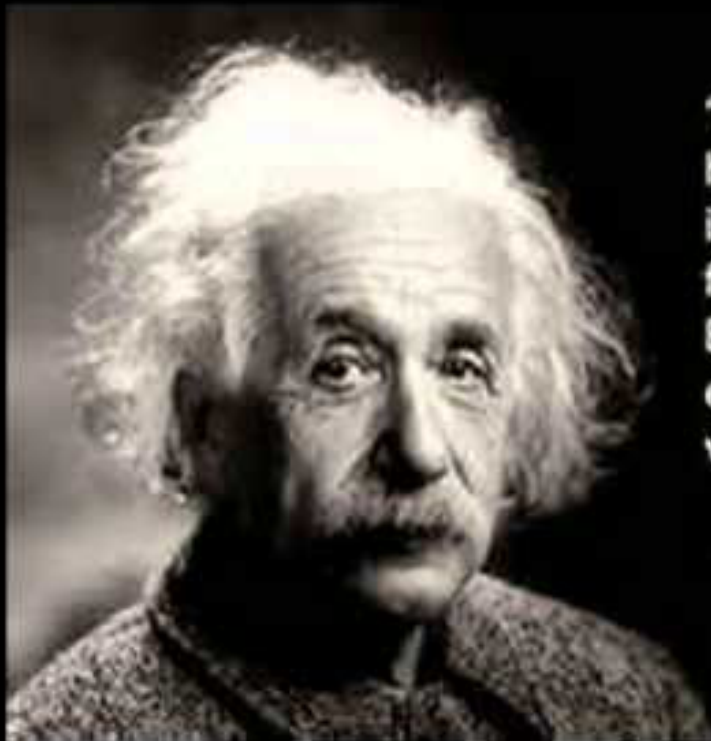
Available at
Amazon.com

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28 days of healthy eating will bring positive changes in your health.



"Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet."

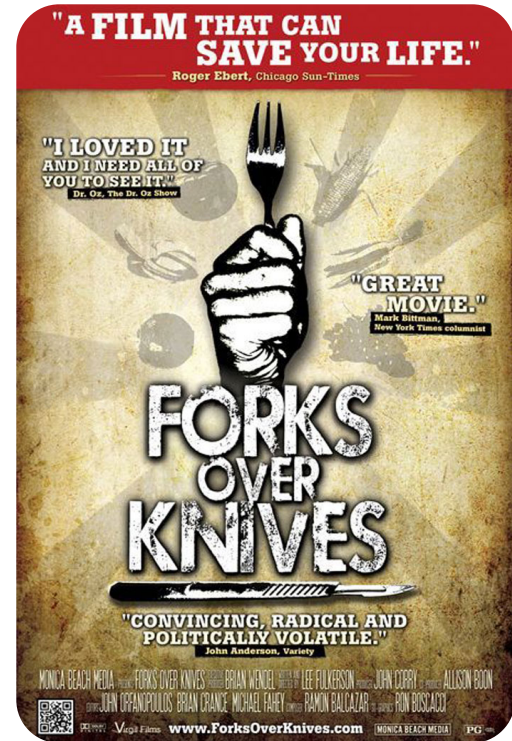
Albert Einstein

Getting Started On A Real Food Diet

- Eat single ingredient foods. (e.g. The ingredient in a banana is banana.)
- Get curious about where your food comes from, and what's in it.
- Prepare your meals from scratch.

Eating To Live Healthy

JF
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Available at iTunes



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You ALONE Determine Your Health



One Must Eat To Live
Not Live To Eat.

Moliere

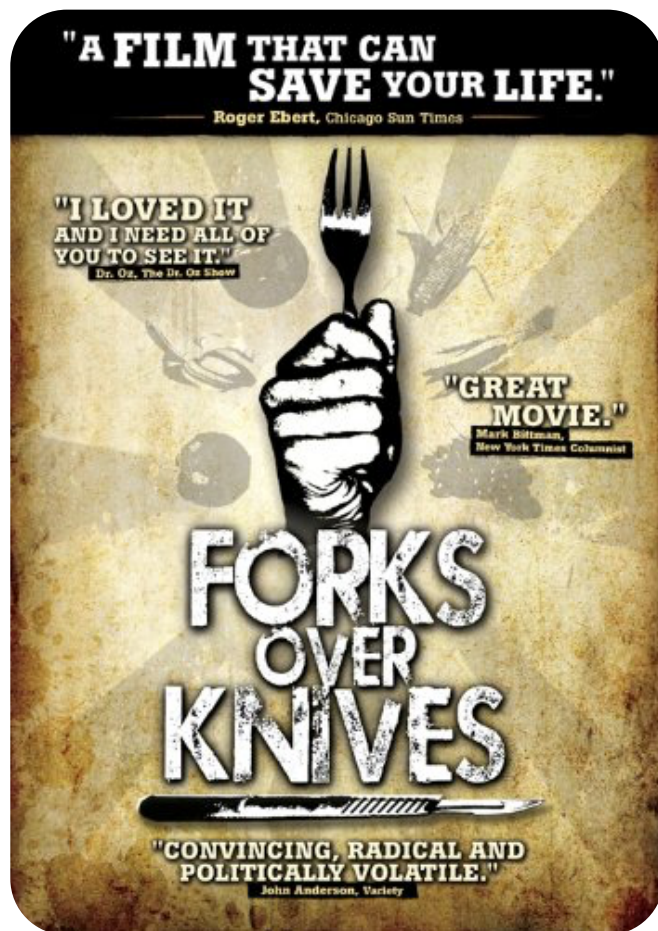
“
Let food be thy medicine
and medicine be thy food

Hippocrates
”



*God has given
us healthy
whole foods
so we may
prosper and
Be In Health.*

Prosper Your Soul This Week



Watch “Forks Over Knives.”
This film can
SAVE your life.

Available at iTunes



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