



Eat to Your Advantage Bonus Resources

Chapter One: Best of Both Worlds

- Episode 4 of the Food Smarts Podcast: [Traditional Wisdom and Modern Convenience](#)
- Blog post: [Traditional Wisdom and Modern Convenience](#)

Chapter Two: What's Dragging Us Down

- Episode 55 of the Food Smarts Podcast: [Kirsten's Health Story](#)
- Episode 35 of the Food Smarts Podcast: [It's Not Just About Health](#)
- Episode 7 of the Food Smarts Podcast on autoimmunity: [1 in 5](#)

Chapter Three: Defining Health & Where We Seek It

- [Resilience & Total Load Checklist](#) pdf download
- Blog post: [Don't Let Perfect Be the Enemy of Better](#)

Chapter Four: The Microscopic Revolution

- Blog post: [Leaky Gut, Dysbiosis, and Autoimmunity](#)
- Episode 29 of the Food Smarts Podcast: [Microbiome, Part One](#)
- Episode 34 of the Food Smarts Podcast: [Microbiome, Part Two](#)
- Episode 69 of the Food Smarts Podcast: [Your Inflamed Brain](#)

Chapter Eight: How'd You Raise That?

- Episode 3 of the Food Smarts Podcast: [Interview with Abby Abbott-Rider](#) about meat production

Chapter Nine: What's In That?

- [What's Really in Our Processed Foods?](#) A pdf download investigation of the ingredients in a Ham and Cheese Hot Pocket®. This was written for Eat to Your Advantage and cut for length.
- List of [food additives derived from corn](#)
- List of [food additives derived from soy](#)

Chapter Ten: Things Forgotten

- [Baker Creek Seeds](#): even if you are not interested in growing food, perusing this site will open your eyes to the amazing diversity of food that is normally hidden to you.
- Episode 18 of the Food Smarts Podcast: [On Beyond the Grocery Store](#)

Chapter Eleven: But What Do I Eat?

- [The NO LIST pdf download](#)
- My [Make it Count Challenge Facebook](#) group. Join us in exploring the diversity of food.
- For more on the Make it Count Challenge listen to Episode 62 of the Food Smarts Podcast [New Year--Make it Count](#)
- My recipes using molasses: [Gingerbread Coffee Latte](#) recipe and [Molasses-Mustard Vinaigrette](#)

Chapter 12: Getting Local

- Sites that help you get local:
 - [Seasonal Food Guide](#)
 - [USDA National Farmers' Market Directory](#)
 - [Local Harvest](#)
 - [Farm Match](#)
 - [Food 4 All](#)
 - [Slow Food USA](#)
 - [Slow Food International](#)
 - [Weston A Price Foundation](#)
- Episode 52 of the Food Smarts Podcast: [Eating Seasonally](#)
- Blog post: [Connecting with Local Farmers](#)
- [Thoughtful Questions to Ask a Produce Farmer pdf download](#)
- [Thoughtful Questions to Ask a Meat Farmer pdf download](#)
- [Questions for Evaluating a CSA Program \(Community Supported Agriculture\) pdf download](#)

Chapter 13: Getting Food on the Table

- Episode 67 of the Food Smarts Podcast: [Getting Food on the Table](#)
- [Detailed Plans for Redefining Convenience and Game Plan for Meal Styles pdf download](#)
- Recipes from me:
 - [Sea Vegetables Superfood Salad](#)
 - [Ginger Kombucha Dressing](#)
 - [Raw Beet and Carrot Salad](#)
 - [Molasses Mustard Vinaigrette](#)
 - [Garam Masala Spiced Pecans](#)
 - [Cauliflower Tabbouleh](#)
 - [Butternut, Apple, and Cranberry Casserole](#)
 - [Roasted Pears](#)

Chapter 14: Savvy Shopping

- [GreenAmerica.Org The ABCs of Food Labeling pdf download](#). An excellent resource for finding out what food labels do and do not mean!
- [Variety is the Spice of Life](#) pdf download. This will help you break produce down into Leafy Greens, Bright Colors, and Sulfur-Containing and give you convenient ways to get more of them into your daily meals.
- Grocery Shopping Toolkit
 - [EWG Healthy Living App](#)
 - [The NO List](#)
 - [Environmental Working Group's Dirty Dozen](#) and [Clean 15 Lists](#) to prioritize your shopping budget

Chapter 15: In the Kitchen

- [See my kitchen purchase recommendations here.](#)
- Episode 68 of the Food Smarts Podcast: [Stocking a Pantry](#)

Chapter 16: The Power of Food

- Blog post [Shopping for Nutrition Help](#)