

# Body and Soul

St. Stephen Baptist Church

Overseer Lanier C Twyman- Pastor

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**Matthew 23:26 ... cleanse first that which is within the cup platter, that the outside of them may be clean also.**

## **Best Foods for You!**

### **Fruits and Vegetables**

- All fresh produce- organic is best no pesticides added
- Frozen-not in butter or other cream sauces
- Canned fruits only if they are stored in their own juice, not syrup

### **Dairy**

- 1% or Skim Milk
- Reduced fat cheese products
- Yogurt- Stoneyfield™ organic low fat products
- Cream Cheese- 1/3 less fat cheese products

### **Dairy Substitutes**

- Rice Milk
- Almond Milk

### **Meat/Protein**

- Poultry- any product that says no additives, or free range
- Beef and Pork- the leanest cuts that have no additives or preservatives
- Lunch Meats- Healthy Choice™ Products, Hormel Natural™ Choice Meats
- Bacon, Sausage- Hormel™ Natural Choice Meats
- Prepared Meats- Jennie-O™ Turkey Burgers, Hot dogs-Applegate Farms™ products-[www.applegatefarms.com](http://www.applegatefarms.com), Healthy Choice™ Products
- Beans- any fresh beans, canned Hanover™ Products-rinse off before cooking

### **Starch**

- Rice- Uncle Ben's™ Ready Rice 90 second whole grain brown rice
- Bread- Martin's™ 100% whole wheat potato bread, Pepperidge Farm™ 100% whole wheat or grain products
- Crackers- Pepperidge Farm™ 100% whole wheat crackers
- Pasta- Any whole wheat or whole grain products
- Boxed Meals- Annie's Naturals™ Products

### **Snacks**

- Cookies- Newman's™ Products, Mi-Del Products
- Chips- Garden of Eatin'™- tortilla chips, Soy crisp tortilla chips, Kettle™ Natural Organic Chips, baked, or lightly salted
- Ice Cream- Eddy's™ ½ fat ice cream any flavor

### **Condiments**

- Peanut Butter- Any organic peanut butter- Arnold's™, Smuckers™, any grocery store organic line
- Almond Butter- Any kind
- Jelly- Concord™ 1/3 less sugar grape jelly, Polaner's Preserves
- Ketchup- Heinz™ organic, or any grocery store organic line
- Mayonnaise- Hellmann's™ canola oil
- Salad dressing- Annie's Natural™, Newman's Own™ light dressings

### **Cereal**

- Cheerios Multigrain™
- Kashi™ products
- Puffins™
- Any natural organic cereal
- Hot Cereal- Quaker™ Simple Harvest All Natural Oatmeal

### **Juice**

- Any 100% Juice that does not contain added sugar, or high fructose corn syrup
- Welch's™ 100% grape juice
- Dole™ 100% Juice