



Global Fusion Americana E-Series

Global Fusion Americana *adj.* A form of cooking extracted from the history of the world that makes a new culture fusing it together in a melting pot. Through ideas, religions, foods, and customs bring people together thriving for taste that makes up the American food experience.



Healthy Cooking Supermarket Shopping List

Better Choices For A Healthy Life



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Healthy Cooking Shopping List

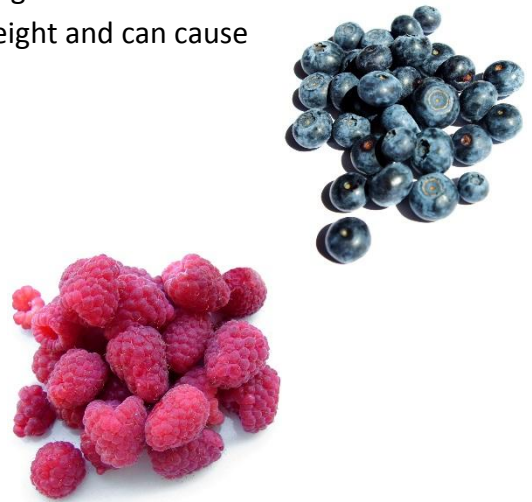
Healthy cooking and eating begins with shopping for the right foods. Here is a list of the healthiest foods, as well as, some important considerations to benefit your body and mind.

Fruits

Not all fruits are created equally, some are higher in sugar than others and so can cause concern for those wanting to lose weight and can cause spikes in blood sugar levels.

Lowest in Sugar

- All Berries
- Lemons
- Limes
- Rhubarb
- Cranberries



Low to Medium in Sugar

- Watermelon
- Apricots
- Grapefruit
- Peaches
- Blueberries
- Apples
- Guavas
- Melons
- Papaya
- Nectarines



Medium-High Sugar Content

- Plums
- Kiwi
- Pears
- Pineapple
- Oranges

Highest Sugar Content

- Cherries
- Grapes
- Pomegranates
- Figs
- Bananas
- Mangoes
- Tangerines



Facts About Dried Fruit

Dried fruit is often considered a healthy snack, and really it is, but, it has a problem. During the dehydration process most of the moisture in fresh fruit is removed, which, turns them into a very small versions of their original selves.

This concentrates the same sugar amounts the fresh fruit has into a much smaller piece of fruit. For example, 1 cup of fresh grapes has 104 calories, but, a cup of its dried version, raisins, has 434 calories and a lot more sugar. But, this is not because the fruit has more calories and sugar, it's because 1 cup fits a lot more raisins than it does grapes, so the volume is the problem.

Usually when people eat dried fruit they don't stop at one or two pieces, such as, they do with fresh fruit, they eat a handful or cupful and so they ingest much more calories and sugar than if they ate one fresh fruit.

This is something important to keep in mind when choosing dried over fresh fruit.

Vegetables

All green vegetables are safe to eat in abundance, color vegetables, such as, corn and carrots contain more starch and sugars and so have more impact on blood sugars and are higher in calories.

- Artichoke
- Asparagus
- Broccoli
- Bell Pepper
- Cabbage
- Cucumbers
- Brussel Sprouts
- Avocado
- Turnips
- Tomatoes
- Spinach
- Lettuce
- Kale
- Onions
- Greens
- Mushrooms
- Carrots
- Corn
- Beets
- Mustard greens
- Collard Greens
- Turnip greens
- Swiss Chard
- Watercress



Protein

Animal Protein

- Any type of fish (very low in calories and fat, grill, broil or poach).
Salmon is one of the best as it is high in essential omega-3 fatty acids.
- Eggs (American Heart Association states healthy adults can safely eat one egg per day).
- Egg Whites (cholesterol free, highly, filling and super healthy)
- Chicken (breasts have the least amount of fat, remove the skin to significantly lower saturated fat)
- Turkey
- Extra Lean Beef (Lean beef has just 1 gram more of saturated fat than a skinless chicken breast, and is a great source of, iron, zinc, and vitamin B12).
- Lean Pork
- Soy Protein
- Canned Tuna
- Deli Meats: Turkey and Chicken Breast



Vegan Proteins

- Tofu
- Legumes (see list below)

Dairy and Dairy Proteins

- Non-fat, 1% or 2% Milk
- Organic Milk
- Soy Milk
- Almond Milk
- Rice Milk
- Low Fat and Non Fat Yogurt (Greek is great, for low sugar/carb options choose plain varieties)
- Low Fat or Non Fat Cottage Cheese
- Skim Milk Chesses
- Low Fat Cream Cheese (low carb diets can get full fat)



Legumes

Legumes are a class of vegetables and include various peas, beans and lentils. They are very nutritious, and are high in protein, potassium, iron, magnesium and folate, and are low in fat and cholesterol.

Additionally they contain good fats and lots of fiber.

Since they are rich in protein and lower in fat and cholesterol than meat, they make a great animal protein substitute.

- Adzuki beans
- Anasazi beans
- Black beans
- Black-eyed peas
- Chickpeas
- Edamame
- Fava beans
- Lentils
- Lima beans
- Kidney beans Red kidney beans Soy nuts



Seeds

- Sunflower Seeds
- Chia Seeds
- Fenugreek
- Black Seeds
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds



Grains

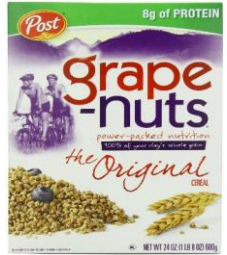
Whole grains, which, usually come in brown tones, have higher fiber counts than their white counterparts, and so they make less of an impact on blood sugar levels. They are a great source of complex carbohydrates and provide key vitamins and minerals for the human body. They are naturally low in fat, and research has shown they lower the risk of diabetes, heart disease, some cancers and other conditions.

- Whole Wheat/Whole Grain/Whole Barley Bread Products
- Whole grain crackers
- Soy Bread
- Brown Rice
- Brown/Whole Wheat Couscous
- Whole Wheat/Grain Pasta (Using whole wheat versus the refined version increases fiber by 5 grams per serving.)
- Whole Wheat Flour
- Bulgur
- Quinoa
- Natural Oats
- Unflavored Oatmeal
- Whole Grain Barley (studies show it cuts cholesterol by almost 10%)
- Buckwheat (great for pancakes)



Cereals

- Steel cut oats
- Rolled oats
- Barley
- Buckwheat
- Granola
- Grape Nuts
- Cheerios
- Kashi Instant Hot Cereal
- Shredded Wheat



Cooking Oils

- Canola Oil
- Grape Seed Oil
- Virgin Coconut Oil
- Olive Oil
- Avocado Oil
- Sunflower Oil
- Walnut Oil
- Peanut Oil
- Vegetable Oil

Common Cooking Oil Smoke Points

Almond Oil	= 420°F (215°C)
Avocado Oil	= 520°F (271°C)
Butter	= 350°F (176°C)
Canola Oil (Refined)	= 400°F (204°C)
Coconut Oil	= 350°F (176°C)
Corn Oil (Refined)	= 450°F (232°C)
Grapeseed Oil	= 485°F (251°C)
Flaxseed Oil (Unrefined)	= 225°F (107°C)
Extra Virgin Olive Oil	= 400-410°F (204-210°C)
Olive Oil (Unrefined)	= 320°F (160°C)
Peanut Oil (Refined)	= 450°F (232°C)
Safflower Oil	= 450°F (232°C)
Sesame Oil	= 410°F (210°C)
Sunflower Oil	= 440°F (226°C)
High-Oleic Sunflower Oil (Refined)	= 450°F (232°C)
Vegetable Shortening	= 360°F (182°C)
Walnut Oil (Semi-refined)	= 400°F (204°C)



Dressings/Sauces and Spreads

- Olive Oil or Canola Mayonnaise
- Fat Free Dressings (Ranch, 1000 Island, Blue Cheese)
- Non Fat Yogurt (use as a substitute for mayonnaise and sour cream in dips and recipes to greatly reduce fat and calories from fat.)
- Fat Free Sour Cream
- Cream Cheese (low fat and non-fat options exist)
- Healthy Oils (Olive, Canola, Flaxseed, Grapeseed)
- Vinegar
- Mustard (brown, yellow, Dijon, all good, low in calories with no fat)
- Pickle Relish (watch the sugar in the sweet varieties)
- Low Sodium Soy Sauce
- Avocado (healthy spreadable veggie)
- Fresh Salsa (one of the best ways to add flavor to many dishes, make your own with fresh chopped tomatoes, onion, cilantro, peppers, make it as hot or as mild as you want)
- Ricotta Cheese
- Peanut Butter
- Hummus
- Tahini
- Almond Butter
- Marinara Sauce (see food labels for sodium and sugar counts, homemade is better to control the ingredients)
- Sugar Free and/or Organic Ketchup (they do exist and are much healthier than regular varieties that are loaded with sugar and preservatives)
- Siraracha (this US brand Asian hot sauce has a lot of flavor and can be used on a variety of foods)
- Pesto (sauce made form basil and garlic)
- Hoisin Sauce (Typically used in Asian cooking for Peking Duck and other dishes, not a great option for those watching their sugar intake)
- Fish Sauce (used as a condiment, in soups, stews, and as a marinade, has 0 fat, and almost no sugar)
- Ponzu Sauce (Another Japanese favorite, great as a sauce and as a marinade)



Spices And Herbs

Spices and herbs can add a great amount of flavor to all types of dishes, and having great flavor makes for a satisfying meal.

- Mrs. Dash (great spice for low sodium diets, has no salt but a lot of flavor)
- Turmeric
- Ginger
- Cayenne Pepper
- Coriander
- Black Pepper
- Mint
- Basil
- Garlic
- Onion Powder
- Cilantro
- Bay Leaf
- Dry Mustard
- Cream of Tartar
- Celery leaf
- Celery seed
- Chicory
- Chili pepper
- Chives
- Clove Coriander seed
-
- Dill
- Fennel
- Juniper berry
- Lemongrass
- Licorice
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Sesame
- Star anise
- Tarragon
- Thyme
- Vanilla
- Wasabi



Flavors

- Butter Buds (Sprinkle on butter flavor, great for low fat eating, found in the spice section)
- Brown Sugar
- Ceylon Cinnamon
- Kosher Salt
- Apple Cider Vinegar
- Balsamic Vinegar
- Fresh Garlic
- Onion Powder
- Hot Sauce
- Chicken or Beef Boullion Cubes
- Lemons (juiced for flavor in marinades, sauces, salads)
- Limes (juiced for flavor in marinades, sauces, salads)



Sweeteners

Here are some alternatives to processed sugar.

- Splenda
- Nutri Sweet
- Sugar Twin
- Stevia (natural plant based sweetener, brand name Truvia)



Healthy Snacks

- Berries
- Melon
- Apples
- Walnuts
- Almonds
- Pistachios
- Peanuts
- Peanut Butter
- Almond Butter
- Dark Chocolate
- Grapes (buy fresh and freeze at home for a super cool snack)
- Any fruit (best eaten fresh, when juiced, turned into a smoothie or dried it doubles it's sugar impact because it lowers the fiber content significantly)
- Any vegetables (tomatoes, cucumbers, carrots, celery etc)
- String Cheese
- Nutrition Bars (Atkins is highly recommended for low carb no sugar snack bars that taste great, includes, Brownies, M&M replicas, Coconut bars and many more)
- Sugar-free or fat-free pudding



- Jello (sugar free for low carb option)
- Nonfat Greek Yogurt
- 100 calorie snack bags (look to the cookie aisle)
- Non or low fat cream cheese
- Applesauce
- Raw vegetables with Hummus as a dip
- Non-fat Ranch (great for dipping veggies)
- Sunflower Seeds
- Rice Cakes
- Air-Popped Popcorn
- Olives
- Pickles (not for low sodium diet)
- Berries with Fat Free Cool Whip
- Peanut Butter can be smeared on apple slices, banana and celery sticks (sugar free all natural is best)
- Chocolate Chex Cereal (satisfies sweet and chocolate tooth, tastes great, is low in sugar and whole grains) has
- Kellogg's Special K Chocolatey Delight cere
- Grape Tomatoes (sweet and a negative calorie food, eat them as much as you like)
- Bran flakes (use skim milk for low fat option, fresh berries for fiber and sweetness)
- Triscuit's Thin Crisps
- Grilled Parmesan Cheese Tomatoes (slice tomatoes in half, sprinkle cheese on top and roast for a few minutes in the oven)
- Sugar Snap Peas (add low fat or non fat ranch for dipping)
- Laughing Cow Light Cheese Wedges
- Soy Chips
- V8 Vegetable Juice
- Canned Tuna
- Sugar Free Popsicles
- Edamame
- Oatmeal
- Sugar Free Sherbet
- Sugar Free Ice Cream
- Deli turkey or chicken breast (wrap in lettuce and eat away)
- Whole wheat or whole grain bagels



- Wasa Multigrain Crispbread (top with avocado, tomato slices, low or non-fat cream cheese)
- Nori, Seaweed (same as what is wrapped around sushi, on its own it's crispy and very nutritious, low in calories and zero fat and carbs, mimics potato chips, but, with very few calories, no fat, and no carbs).
- Vegetable Chips
- Pumpkin seeds
- Coffee with skim milk with Splenda (artificial sweetener) or Stevia (natural plant sweetener)
- Lowfat chocolate milk (not for low carb diets)
- Chicken broth



Drinks

- Water
- Green Tea
- Ginger Tea
- Orange Pekoe, Earl Gray or any sugar free flavored teas.
- Coffee
- Aloe Vera Juice
- Drinkable Non-Fat Greek Yogurt
- Beet Juice
- Carrot Juice
- Tomato Juice
- V8 Vegetable Juice
- Wheatgrass Juice
- Fresh Squeezed Fruit Juices
- Fruit Juices

Be cautious with fruit juices, many have a lot of sugar and they are high in calories. Fresh squeezed is always best for no added sugar, but, too much of any kind of juice is not ideal for weight loss or calorie control.

They are also insulin triggers that affect the balance of blood sugar levels, so not good for Diabetics or those in a pre-diabetic state. A piece of fresh fruit is a better option.



my grocery list

Meat

- American Cheese
- Ham
- Prepared Salad
- Provolone Cheese
- Roast Beef
- Swiss Cheese
- Turkey

Meat

- Bacon
- Chicken, Boneless
- Chicken, whole
- Ground Beef
- Ground Turkey
- Ham
- Ham, Cured
- Hot Dog
- Sausage
- Pork Chops
- Turkey

Canned Veggies & Beans

- Baked Beans
- Black Beans
- Black Olives
- Bouillon Cubes
- Broth, Beef
- Broth, Chicken
- CW
- CW Beans
- French Red Onion
- Kidney Beans
- Sticky Joe Sauce
- Soup
- Soup, Condensed
- Tomatoes, Diced
- Tomato Paste
- Tomatoes, Dried
- Tuna fish
- Vegetables

Breakfast

- Cereal
- Cereal
- Cereal
- Dried Fruit
- Granola Bars
- Oatmeal
- Pancake Mix
- Syrup

Fruit - Veg

- Apples
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Honeydew
- Kiel
- Lemons
- Nectarines
- Oranges
- Peaches
- Peas
- Pears
- Strawberries
- Tangerines

Seafood

- Flounder
- Salmon
- Shrimp
- Ticks
- Tuna

Breakfast - Juice

- Coffee
- Coffee Filter
- Hot Cocoa
- Lemon Juice
- Juice

Pasta - Sauce

- Beans, Dry
- CHICKEN
- Egg Noodles
- Packaged Noodle
- Mac N Cheese
- Pasta

Spice & Sugar

- Basil
- Biry Leaves
- Cinnamon
- Cloves
- Curry Powder
- Garlic Powder
- Ginger
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Sage
- Salt
- Thyme