

The Pantry Principle

How to read the label and
understand what's really in your food



by Mira Dessy, NE

Foreword by Liz Lipski, PhD, CCN, CNS, CHN

TABLE OF CONTENTS

Acknowledgements	— vii
Foreword	— ix
MY STORY	— i
INTRODUCTION	— 9
CHAPTER ONE: Seven Simple Rules	— 15
CHAPTER TWO: How to Read a Nutrition Label	— 20
Nutrition Facts	— 23
Understanding Ingredients	— 26
Front of Package Claims	— 27
Your Label Reading Action Plan	— 30
CHAPTER THREE: Understanding Additives	— 31
Top Three Non-Food Items	— 32
High Fructose Corn Syrup	— 33
Monosodium Glutamate	— 35
Additives Are Not Food	— 37
Flavorings	— 37
Preservatives	— 39
Emulsifiers	— 39
Stabilizers	— 41
Natural Additives	— 43
Your Additive Action Plan	— 45
CHAPTER FOUR: Your Colorful Diet	— 46
By the Numbers	— 49
It's In What?	— 50
Attention Deficit Disorder	— 51
Annatto and Cochineal	— 51
Your Artificial Color Action Plan	— 54

CHAPTER FIVE: Trick or Treat? Understanding Sugars — 55

- Complex Sugars — 58
- Refined Sugars — 59
- Sugar Alcohols — 60
- Artificial Sweeteners — 60
- Splenda's Not So Sweet — 62
- Truvia's Not Too Terrific — 63
- Other Health Concerns — 65
- Your Sugar Action Plan — 65

CHAPTER SIX: The Skinny on Fats — 66

- Saturated Fats — 66
- Monounsaturated Fats — 67
- Polyunsaturated Fats — 68
- Fake Fats — 68
 - Olestra — 68
 - Trans-fats — 69
- Labeling — 70
- Adulterated Oils — 71
- Smoke Point — 72
- Your Fat Action Plan — 74

CHAPTER SEVEN: Spending Wisely — 75

- Conventional Foods — 75
- Natural — 76
- Organic — 77
- Sustainable — 79
- The Healthiest Bang For Your Buck — 80
 - Dairy — 80
 - Eggs — 82
 - Meat — 84
 - Seafood — 85
 - Vegetables and Fruit — 86
 - The Dirty Dozen — 87
 - The Clean Fifteen — 87
 - Genetically Modified Organisms — 88
- Your Food Budget Action Plan — 90

CHAPTER EIGHT: The Packaging	91
BHA and BHT	92
BPA	92
Perfluorochemicals	94
Antimicrobials and Fungicides	95
What's Next?	95
SLIPS	96
Seafood on Your Bananas	96
"Edible" Packaging	97
Your Packaging Action Plan	97
CHAPTER NINE: Pantry Makeover	98
CHAPTER TEN: Taking The First Step	116
CHAPTER ELEVEN: Recipes	119
Basic Preparations	121
Reconstituting Dry Beans	121
Bean Sprouts	122
Cooking Grains	122
Quick Pilaf	124
Polenta	124
Chicken Soup Stock	125
Vegetable Soup Stock	126
Green Style Yogurt (and Whey)	126
Condiments	127
Mayonnaise	127
Salsa	128
Pesto	129
Best Ever Breakfast	130
Buckwheat Oat Pancakes	131
Everyday Bread	132
Bread Bowls	140
Dips	133
Hummus	133
Black Bean Dip	134
Red Lentil Dip	134
Roasted Vegetable Dip	135

Great Green Salad — 136
 Lemon Vinaigrette — 136
Curried Quinoa Salad — 137
Quinoa Tabbouleh — 138
Gazpacho — 139
Lincoln Potato Soup — 140
Meatball Soup — 141
 Meatballs — 142
Slow Cooker Split Pea Soup — 143
Chicken Cacciatore — 144
Tuscan Stew — 145
Cranberry Olive Oil Bundt Cake — 146
 Orange Juice Glaze — 147
Diana's Delights — 147
Tropical Treasures Cookie — 148

APPENDICES — 149

APPENDIX ONE: Sugars — 150

APPENDIX TWO: Who Owns Your Food? — 152

APPENDIX THREE: Invisible GM Ingredients List — 156

APPENDIX FOUR: Resources — 158

BIBLIOGRAPHY — 162

FUNDING PAGE — 176

INDEX — 177

“If you want to know exactly what’s lurking in the packaged food you eat, what chemicals are used to try to convince you that fake food is “real” —or if you just want the skinny on how to cook with fabulous fats, you cannot afford to overlook this book! A must-read for all who care about what goes into their own and their family’s bodies. And I hope that means everyone!”

— Dr. Helayne Waldman, co-author of *The Whole Food Guide for Breast Cancer Survivors*

“Mira Dessy’s book, *The Pantry Principle* is a real gem! If you eat, this book is a must-read —so you really know what’s in your food. It is a user-friendly, comprehensive, well-researched and eye-opening resource. I look forward to recommending it to all my clients!”

— Trudy Scott, Food Mood Expert and Nutritionist, author of *The Antianxiety Food Solution*

“I’ve often griped that making healthy decisions in the grocery store requires a degree in food science to navigate misleading and confusing food labels. No longer! Mira Dessy has demystified the nutritional maze. But reader beware: only read this book if you truly want to know what’s in your food!”

— Margaret Floyd, NTP CGP CHFS, author of *Eat Naked and The Naked Foods Cookbook*

From the days of hunter-gathers to modern shoppers attempting to decipher the complexity of products on food shelves today, the way we procure our food has changed dramatically. But our need for proper nourishment remains the same. Processed food, fast food, adulterated, and chemically enhanced foods make navigating the stocking of our pantries with healthy foods a truly mystifying chore.

Many of us don’t know where this food comes from, and we don’t know what’s really in it. Most people who walk into a grocery store think that all of the edible-appearing products on the shelves are food. The truth is that



many of them are not! Many of these items contain ingredients that have the potential to be harmful.

This book will help you take back control of your pantry and your food source.

Mira Dessy, BFA, NE, is a Nutrition Educator specializing in helping people eat well to be well using the concepts of bio-individual, whole food nutrition.

Liz Lipski, PhD, CCN, CNS, CHN is the author of Digestive Wellness and the Education Director of Nutrition and Integrative Health at the Tai Sophia Institute. She is also on faculty at the Institute for Functional Medicine.

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