

# Kitchen Transition

If you really want to be healthy, it makes sense to stop doing things that make you unhealthy! This list will help you to get started in making the kitchen transition by getting rid of six ingredients that compromise your health and by replacing them with stable whole foods. Even if it seems like a waste of money at the time, the savings in your health and the health of those you care about will be well worth it.

Pick a day for your kitchen makeover. Get out a large rubbish bin and open up the fridge and cupboards—you are now ready for action!

## Throw out -

- Refined Sugar & Artificial Sweeteners = White sugar, Raw Sugar (even if it says organic), Equal, Splenda etc etc.
- White Flour = Yes all of it, even corn flour. While you're at it throw away Instant Oats, ALL Cereals & Bread & gravy mixes.
- Hydrogenated Vegetable Oils—All Vegetable Oils, Canola Oil, Rice Bran oil, Safflower Oil.
- Margarine
- Home brand or Lite Dairy—if raw milk is unavailable then use Alexandrina or Fleurieu Full Cream Jersey Milk!
- Commercial Salt—If its white salts it's probably refined so throw it out!
- Commercial Juices—These are just loaded with sugar & pesticides

## Replace all this with -

- Stevia, Rapadura, Birch Sugar, Raw Honey, Molasses, Organic Maple Syrup.
- Use stone-ground or sprouted Spelt, Buckwheat, Millet, and Kamut instead and remember to soak the flour overnight
- Soak unstabilised oats in an acidic medium overnight.
- Coconut Oil, Cold Pressed Olive Oil, Lard, Tallow
- Real Butter – If its not in a rectangle block – ITS NOT BUTTER, even if it says organic, its not butter (incl Harmonie)
- Raw Jersey Milk (A2)—Not Holstein Milk (A1)
- Celtic Sea Salt & Himalayan Salts
- Kombucha, Beet Kvass, Ginger Ale, Water Kefir Coolers – a wonderful Probiotic!

Kate Netschitowsky  
[realfoods@optusnet.com.au](mailto:realfoods@optusnet.com.au)  
0404 515 685

**The Weston A. Price Foundation<sup>®</sup>**  
for **Wise Traditions**  
IN FOOD, FARMING, AND THE HEALING ARTS