






ALPINE INTEGRATED MEDICINE

Good Health Starts with the Foods We Eat

"I try to buy organic, but it's so much more expensive than non-organic foods. How do I feed my family a more healthy diet when we're on a budget?"

The Clean 15

On a budget, choose these conventionally.
(Listed from lowest pesticide content)

1. Onions	
2. Sweet Corn	
3. Pineapple	
4. Avocado	
5. Asparagus	
6. Sweet Peas	
7. Mangoes	
8. Eggplant	
9. Cantaloupe	
10. Kiwi	
11. Cabbage	
12. Watermelon	
13. Sweet Potatoes	
14. Grapefruit	
15. Mushrooms	

The Dirty Dozen

Always buy these organic.
(Listed from highest pesticide content to least)


1. Apples	
2. Celery	
3. Strawberries	
4. Peaches	
5. Spinach	
6. Nectarines	
7. Grapes	
8. Sweet Bell Peppers	
9. Potatoes	
10. Blueberries	
11. Lettuce	
12. Kale/Collard Greens	

Source: Environmental Working Group 2011



AIM for health!
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TOPICS

- * Why gluten free, dairy free, no food –additives or colorings?
 - * Why Organic or Local?
 - * Most common ailments of elementary aged children
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- * Key supplements for this this age include: Vitamin D, Fish oil and calcium (especially those avoiding dairy). Others would include a high quality multi-vitamin, probiotics, and immune support.

Immune Support Soup

1 small yellow onion, chopped
1-5 cloves of garlic, chopped or crushed
1tsp-3Tbsp grated ginger
Juice of ½ lemon
¼ - ½ c Shiitake mushrooms
1 quart miso, chicken or vegetable broth
3 Tbsp fresh minced parsley
1 grated carrot

Onion Ear Muff

Need:

½ yellow/white onion
Old T-shirt/cheese cloth

Directions:

Microwave onion 30-45 sec until steaming. Check temperature on skin (want it to be as hot as can tolerate against skin). Wrap onion in 1 layer of old t-shirt. Place t-shirt wrapped onion directly up to effected ear. Can either hold in place or lie on effected side for 15-20 min.

Where else can I get the best food on a budget?

CSAs: Community Support Agriculture and Farmers Markets

www.oxbow.org we at AIM are a drop site for Oxbow on Fridays.

<http://redmondsaturdaymarket.org/> opening May 3rd.

You can also purchase the highest quality supplements at AIM's dispensary at the clinic!

