

THE SHOPPER'S INTEGRITY CARD

The Pocket Guide to Economic Warfare

Instructions: Cut this out. Fold it. Put it in your wallet. When you are in the grocery store aisle, confused by a label, pull this out. If an ingredient appears on **Side A**, the answer is **NO**. If the food is on **Side B**, the answer is **YES**.

[SIDE A: THE VETO LIST]

The "No" List. If you see these, put it back.

THE "HATEFUL EIGHT" SEED OILS (*Inflammatory / Unstable / Oxidized*)

- Canola Oil (Rapeseed)
- Soybean Oil
- Corn Oil
- Cottonseed Oil
- Sunflower Oil
- Safflower Oil
- Grapeseed Oil
- Rice Bran Oil

THE SUGAR DISGUISES (*Metabolic Disruptors*)

- High-Fructose Corn Syrup (HFCS)
- Maltodextrin
- Dextrose / Sucrose
- Agave Nectar
- Fruit Juice Concentrate
- Cane Sugar / Invert Sugar

THE CHEMICAL SABOTEURS (*Gut & Brain Disruptors*)

- **Red 40 / Yellow 5 / Blue 1** (Petroleum Dyes)
- **"Natural Flavors"** (Hidden MSG/Additives)
- **Potassium Bromate** (Bread fluffing agent)

- **Polysorbate 80** (Emulsifier/Gut stripper)
 - **Aspartame / Sucralose** (Microbiome nukers)
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[SIDE B: THE GREEN LIGHT]

The "Yes" List. Nutrient-Dense staples for any budget.

PROTEIN (The Anchor)

- **Ground Beef** (80/20 is cheaper & healthier)
- **Eggs** (The ultimate multivitamin)
- **Chicken Thighs** (Better fats than breast)
- **Sardines / Wild Salmon** (Omega-3s)
- **Beef Liver** (Nature's Superfood - cheap!)

FATS (The Fuel)

- **Butter** (Grass-fed/Kerrygold is best)
- **Tallow / Ghee** (High-heat stable)
- **Coconut Oil** (Metabolic fuel)
- **Olive Oil** (Extra Virgin - do not burn)
- **Avocado Oil** (Verified pure only)

CARBS & FIBER (The Energy)

- **White Rice** (Low toxicity carb)
 - **Potatoes / Sweet Potatoes**
 - **Seasonal Fruit** (Berries, Apples, Melon)
 - **Raw Honey / Maple Syrup**
 - **Fermented Veg** (Sauerkraut, Pickles)
 - **Sourdough Bread** (True fermentation only)
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