

A wooden sign is placed in a garden. The sign has the text "100 Days of Real Food" in a large, black, sans-serif font. Below it, in a smaller font, it says "1 family. 2 kids. 0 processed foods." The background shows a garden with various plants, including red-leafed ones, and a white greenhouse in the distance.

# 100 Days of Real Food

1 family. 2 kids. 0 processed foods.

## EARTH FARE “REAL FOOD” CHEAT SHEET

### **Please note:**

- Items on this list are approved for the “10 Days of Real Food” pledge designed by [www.100DaysofRealFood.com](http://www.100DaysofRealFood.com).
- These products were available in the South Charlotte, NC Earth Fare location as of November 2010, and most are sold nationwide.
- It is always recommended to double-check the ingredients label for adherence to the pledge rules listed at <http://www.100daysofrealfood.com/real-food-defined-a-k-a-the-rules/>

Courtesy of [www.100DaysofRealFood.com](http://www.100DaysofRealFood.com)

**Earth Fare "10 Days of Real Food" Approved List**  
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**"REAL FOOD" APPROVED PRODUCTS**  
**LISTED IN ORDER OF SOUTH CHARLOTTE EARTH FARE STORE LAYOUT**

- **Produce**
  - **All produce**
- **Bulk Bins**
  - **Dried Fruit**
    - Dried plums
    - Unsweetened Mango
    - Raisins
    - Apple Rings
    - Apricots
    - Dates
    - Currants
    - Goji berries
    - Unsweetened cherries
    - Figs
    - Banana chips
  - **Nuts and Seeds**
    - Most raw and unseasoned nuts (the ones that are acceptable only have 1 or 2 ingredients)
    - Most raw and unseasoned seeds
    - Spicy tamari pumpkin seeds
  - **Grains**
    - Popcorn kernels
    - Brown rice varieties including wild rice
    - Millet
    - Amaranth
    - Barley
    - Buckwheat
    - Quinoa
    - All oats
    - Whole-wheat couscous
  - **Other**
    - Sea salt
    - Yeast
    - Whole-wheat flour varieties
    - Lentils
    - Peas
    - Beans
- **Gourmet Cheeses**
  - All unflavored cheeses
  - A few flavored ones are okay, double-check labels
- **Coffee** - all unflavored coffee beans
- **Refrigerated Olives**
  - Divina green Italian olives
  - Divina black Italian olives

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■ **Olive bar**

- Green olives with Sicilian herbs
- Caper berries
- Mt. Pelion Blond
- Dry-cured black olives, pitted
- Mt. Athos Green Olives
- Castleveltrano Olives, Blond
- Green olives with minced garlic, pitted

■ **Seafood** - All unprepared seafood (although "wild caught" is preferable)

■ **Meats** – All unprepared local meats (grass-fed beef, chicken, etc.)

■ **Crackers/Rice Cakes**

- Lundberg brand rice cakes
  - Brown rice, lightly salted
  - Brown rice, salt free
  - Wild rice, lightly salted
- Koyo brand plain brown rice cakes
  - Lightly salted
  - No salt
- Real Foods corn thins (original)
- Edward & Sons brown rice snaps (unsalted sesame)
- Koyo brand organic brown rice chips
  - Original
  - Sweet chili soy
  - Garlic
  - Tamari
- Finn Crisp thin rye crispbread (original and caraway)
  - Original
  - Caraway
- Triscuits
- Wasa rye crispbread varieties
  - Light rye
  - Hearty
- Ryvita Rye varieties
  - Dark rye
  - Sesame rye

■ **Mustard**

- Kosciusko spicy brown mustard
- Earth Fare organic mustard varieties
  - Spicy brown mustard
  - Coarse ground mustard
- Westbrae natural yellow mustard

■ **Jarred Olives, Oils, etc.**

- Haddon House
  - Pignolia nuts
  - Minced garlic

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- Chopped garlic
- Earth Fare Natural
  - Diced pimientos
  - Sweet first roasted peppers
  - All varieties of capers and caperberries
- Bella Famiglia
  - Mediterranean grape leaves (plain)
  - Pimiento stuffed olives
  - Almond stuffed olives
  - Garlic stuffed olives
  - Whole Kalamata olives
- Organic Divina Kalamata olives
- Santa Barbara Jalapeno olives
- Mediterranean Organic
  - Kalmata olives
  - Garlic stuffed olives
- Gaea Kalamata olives
- Lindsay Naturals
  - Black olives
  - Green olives
- Earth Fare Organic
  - Whole Manzanilla olives
  - Whole Empeltr olives
  - Whole Giant Green olives
- Graber olives
- Halutza green sliced olives
- Tropical Pepper Co. hearts of palm
- Native Forest
  - Artichoke Hearts
  - Hearts of Palm
- Bella Famiglia Artichoke Hearts
- Haddon House
  - Artichoke Bottoms
  - Hearts of Palm
  - Green olives
- Most varieties of olive oil
- Most varieties of vinegar
- No salad dressings or croutons
- **Sprouted Grain and Raw Section**
  - Sprouted mung beans
  - Sprouted green lentils
  - Germinated brown rice
  - Whole grain quinoa
  - GoRaw

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- Sprouted sunflower seeds
- Sprouted pumpkin seeds
- Simple seed mix
- Live "granola"
- Pure Bliss seed and nut varieties
- Most Better than Roasted seed and nut products
- **Canned Goods**
  - Most canned beans except for baked beans
  - Lakeside Foods
    - Lima Beans
    - Sauerkraut
    - Asparagus
    - Wax beans
    - Beets
    - Native Forest Asparagus
    - All brands sauerkraut
- **Other**
  - Most bagged dried beans
  - Dried mushrooms
- **Rice, Grains, Etc.**
  - Whole grain plain buckwheat products
  - Most unseasoned brown and other colored rice products (including quick cooking and wild rice)
  - Most unseasoned whole grain millet, buckwheat, quinoa, & farro products
  - Rice Select whole wheat pearl couscous
- **Canned Seafood**
  - Amore Anchovy Paste
  - Crown Prince
    - Boiled baby clams
    - Smoked oysters
    - Crab Meat
    - Flat fillets anchovies
    - Sardines (in spring water and in olive oil)
    - Alaskan pink salmon (not the wood smoked variety)
    - All tuna varieties
  - Haddon House
    - Minced clams
    - Clam juice
    - Whole oysters
    - Fillets of mackerel
    - Kipper snacks
    - Sardines (original and lightly smoked in olive oil)
  - Bookbinders clam juice
  - Musette escargot snails
  - Vigo Spanish octopus
  - Wild Planet

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- Wild shrimp
- Wild pink shrimp
- Wild sardines in extra virgin olive oil
- Wild sardines in spring water
- Wild Alaskan sockeye salmon
- All tuna varieties
- Miller's Select crab meat
- Cerulean Seas anchovies
- Bella Famiglia anchovies
- Bar Harbor
  - Atlantic mackerel
  - Wild kippers
  - Herring fillets
- Henry & Lisa's
  - Pink salmon
  - Albacore tuna
- Natural Sea
  - All salmon varieties
  - All tuna varieties
- Bumble Bee
  - Pink salmon
  - Light tuna
  - Albacore tuna
- Cento tuna
- Callipo tuna
- **Ethnic, Hot Sauce, Etc.**
  - Ziyad
    - Hummos tahnini (all varieties)
    - Whole wheat Maftoul (couscous)
    - Calamata olives
    - Pickled hot peppers
    - Red hot pepper sauce
    - Dried beans and seeds
    - Pomegranate juice
  - La Preferida jalapeno nacho slices
  - Tennessee Sunshine hot pepper sauce
  - Cajun Sunshine hot pepper sauce
  - Frank's red hot original cayenne pepper sauce
  - Tabasco pepper sauce
  - Herdez salsa verde and red salsa varieties
  - Hatch crushed tomatillos
  - Eden brown rice chips
  - Most plain seaweed products
  - Eden Selected
    - 100% whole buckwheat pasta

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- Umeboshi and plum balls
- Gomasio (original and garlic flavored)
- Brown rice vinegar
- Plum vinegar
- Sesame oil
- Emperor's Kitchen dried shiitake mushrooms
- Most wasabi powders
- Koyo organic wheat free tamari soy sauce
- Asian Gourmet
  - Cooking and other oils
  - Sliced ginger (only)
  - Oyster mushrooms
  - Baby corn nuggets
  - Water chestnuts
- San-J organic tamari gluten free soy sauce
- Earth Fare Organic
  - Light coconut milk
  - Unsweetened coconut milk
- Native Forest coconut milk varieties
- Asian Gourmet and Thai Kitchen Fish Sauce
- Most whole 100% grain pasta varieties
- **Canned and Jarred Tomatoes**
  - Muir Glen Organic
    - Whole peeled tomatoes
    - Tomato puree
    - Ground peeled tomatoes
    - Fire roasted whole tomatoes
    - Whole peeled tomatoes
    - Plain fired roasted tomatoes
    - Crushed tomatoes with basil
    - Tomato sauce (preferably no salt added)
    - Diced tomatoes
  - San Marzano
    - Whole tomatoes
    - Crushed tomatoes
    - Tomato paste
  - Bionaturae Organic
    - Diced tomatoes
    - Crushed tomatoes
    - Whole tomatoes
    - Strained tomatoes
  - Eden Organic crushed tomatoes (regular and garlic/onion)
  - Earth Fare Organic
    - Tomato paste
    - Tomato sauce
    - Diced tomatoes
    - Crushed tomatoes

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- Whole tomatoes
- Most dried tomatoes (in bags - not jars)
- Amore tomato paste
- Pomi chopped and strained tomatoes
- Lucini Tuscan Harvest plum tomatoes
- Bella Cucina olive pesto
- Michael's of Brooklyn fresh tomatoes and basil sauce
- **Nut butters, Jellies & Other Fruit Products**
  - MaraNatha
    - Macadamia butter
    - Cashew butter
    - All varieties of almond butter except "no stir"
    - Crunchy and cream peanut butter except "no stir" variety
  - I.M. healthy soynut butter
  - Joyva sesame tahini
  - Blue Diamond almond butter ("Homestyle" creamy and crunchy only)
  - Earth Fare Natural peanut butter
  - Earth Fare Organic sesame tahini
  - Arrowhead Mills peanut butter (all varieties)
  - Justin's "classic" almond butter only
  - Once Again almond and cashew butter
  - Crazy Richard's peanut butter
  - St. Dalfour (all varieties except four fruits)
  - Crofters "Just Fruit for Spread" varieties except super fruit
  - Eden organic apple butter
  - Medford Farms pear and apple butter
  - Manischewitz apple butter
  - Wyman's wild blueberries
  - Native Forest organic mandarins
  - Native Forest
    - Papaya chunks
    - Mango chunks
    - All pineapple varieties
  - Earth Fare organic
    - Raisins
    - Dried pitted cherries (unsweetened)
    - Mango slices
    - All applesauce varieties
  - Newman's Own raisins
  - Santa Cruz organic applesauce
  - Eden organic applesauce
  - WhiteHouse applesauce



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- Kidz original and cinnamon applesauce
- GoGo squeez applesauce on the go
- **Sweeteners**
  - 100% pure maple syrup
  - 100% pure honey
  - Hershey's unsweetened cocoa and 100% cacao
  - Chatfield's carob powder
- **Grains and Flours**
  - Masa Harina (whole grain corn flour)
  - Whole and ground flaxseed
  - Whole grain millet flour
  - Whole grain soy flour
  - Whole grain spelt flour
  - Whole grain buckwheat flour
  - Whole grain teff flour
  - Whole grain amaranth flour
  - Whole-wheat flour
  - White whole-wheat flour
  - Ian's whole-wheat panko breadcrumbs
- **Oils** - Most cooking oils
- **Other Baking Needs**
  - All varieties of unsweetened coconut
  - Most fruit pectins
  - Most dried yeast products
  - Meyenberg canned goat milk
  - Santini evaporated milk
  - Most spices (that are not mixes)
  - All tapioca varieties except tapioca starch
  - Deb el just whites
- **Cereals**
  - Arrowhead Mills
    - Puffed whole grain corn cereal
    - Puffed whole grain wheat cereal
    - Puffed whole grain millet cereal
  - Enjoy Life Perky's crunchy flax cereal
  - Earth Fare natural shredded wheat
  - All unflavored oats (all brands, instant, rolled, or steel cut) - should only be 1 ingredient)
  - Bob's Red Mill creamy rice (brown rice cereal)

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■ **Beverages**

- Most varieties of tea
- EdenSoy Organic unsweetened soy milk
- West Soy
  - Unsweetened soymilk
  - Unsweetened vanilla soymilk
- All natural juices
- Most milk and cream products

■ **Snacks**

- Earth Fare Brand
  - Almonds (roasted, roasted & salted, premium, supreme)
  - Pecan pieces
  - Fancy mixed nuts
  - Fancy walnuts
  - Pistachios roasted and salted
  - Virginia peanuts (plain and roasted & salted)
  - Sunflower seeds
  - Golden flax seed
  - Dried pitted cherries (unsweetened)
- Made in Nature Organic
  - Dried calimynra figs
  - Dried prunes
  - Dried apricots
  - Dried apples
  - Dried black mission figs
- Seapoint Farms dry roasted edamame
- All Funky Monkey freeze dried fruit
- Eden organic
  - Dried cranberries
  - Dried blueberries
  - Dried cherries
  - Tamari almonds dry roasted
  - Pistachios shelled & dry roasted
  - Pumpkin seeds dry roasted
  - Spicy pumpkin dry roasted seeds
- Organic Just Cherries
- Organic Just Mango
- Organic Just Blueberries
- Organic Just Strawberries
- Just Strawberries 'N Bananas
- Organic Just Apples
- Organic Just Peas
- Organic Just Veggies
- Most unflavored unpopped popcorn
- Unique Sprouted 100% whole grain splits (pretzels)

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- Most Lara bars
- **Cold and freezer cases**
  - Eggs
  - Most cheese products
  - Most sour cream products
  - Most butter products
  - Only plain yogurt (any brand)
  - Most unflavored frozen veggies
  - Food for Life sprouted corn tortillas
  - Garden of Eatin' Organic Bible Bread (pitas)
  - Alvarado St. Bakery sprouted wheat tortillas
  - Manna Bread
    - Millet rice
    - Whole rye
    - Carrot raisin
    - Cinnamon date
  - French Meadow organic spelt bread
  - Berlin Natural Bakery
    - Sourdough spelt bread
    - Whole grain spelt bread
  - Most unflavored and unsweetened frozen fruit
- **Bakery** - Breadsmith 100% whole-wheat bread