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.

• 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
"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
■ **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
- 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 Empeltrol 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
- 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
- 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
  - Albacor tuna
• Natural Sea
  - All salmon varieties
  - All tuna varieties
• Bumble Bee
  - Pink salmon
  - Light tuna
  - Albacoce 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
- 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
- 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
• 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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Courtesy of www.100DaysofRealFood.com

### 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)
• 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