

### the golden rules

1 Choose a wide variety of natural, unprocessed foods. A thoughtfully prepared whole foods diet will leave you feeling enriched, not deprived.	2 Buy organic—especially for the produce most heavily treated with pesticides (see below) as well as dairy products and meat.	3 Shop locally and eat seasonally. Check farmers' markets for produce at its peak, which will be more flavorful and healthful.	4 Think of fruits and vegetables in terms of the rainbow; if you eat a range of colors, you're assured of getting all the essential nutrients.	5 Limit salt intake; salt can increase your risk of hypertension and heart disease. Season with fresh herbs, spices, or lemon or lime juice instead.
6 Buy grains, nuts, and seeds in bulk, from a store with a rapid turnover, and replenish often.	7 Choose cooking oils that contain "good" mono-unsaturated and polyunsaturated fats, such as olive oil or neutral-flavored canola or safflower oil.	8 For cooking, use organic, low-sodium broth in cartons, or make chicken and vegetable broth from scratch and freeze small batches.	9 Plan ahead and shop wisely. If a salad calls for half a package of tofu, use the rest in a stir-fry.	10 Fill half your plate with vegetables, one quarter with whole grains, and one quarter with lean protein.

### when to insist on organic

The Environmental Working Group ([ewg.org](http://ewg.org)), a nonprofit that aims to protect public health and the environment, determined you can reduce the amount of pesticides you ingest by 90 percent if you buy organic for these 12 fruits and vegetables: apples, celery, cherries, imported grapes, lettuce, nectarines, peaches, pears, potatoes, spinach, strawberries, and sweet bell peppers. Because milk fat can harbor traces of hormones (including rBGH) given to cows, it's also crucial to choose organic dairy products.