



GNH

GUELPH NATURAL HEALTH

LOCAL SHOPPING GUIDE



**GET THE BEST LOCAL HEALTHY
RESOURCES AT THE MOST
AFFORDABLE PRICES SO YOUR
FAMILY CAN SELECT THE MOST
NUTRITIOUS FOOD CHOICES
AVAILABLE IN GUELPH.**

One of the biggest myths when it comes to diet is that fat is unhealthy and makes you fat. There are good fats and bad fats. Good fats can help you lose weight, look great, feel great, and optimize your health.

To learn more about good fats visit this link:

<http://www.eatfatgetthin.com/>



FATS

Here is a list of good fats that we highly recommend and where you can buy them in Guelph. For fats/oils air, temperature and light will cause rancidity and spoil. Recommend dark, glass bottle when possible.

PRODUCT	USE	BRAND	WHERE TO FIND IT
Grass-Fed Butter	In coffee or on vegetables	Organic Meadows (at least 60% grass-fed)	Goodness Me, Zehrs
Organic Coconut Milk	Shakes, coffee, ice cream, baking	Prana: Arayuma (full-fat & BPA-free preferred)	New Age Health
Organic Virgin Coconut Oil	Shakes and coffee	Nutiva	Costco
Organic Refined Coconut Oil	Ideal for cooking	Nutiva	Zehrs
Organic Coconut Flour	Baking	Let's Do Organic	Zehrs
Organic Coconut Flakes	Smoothies and baking	El Camino	Goodness Me

PRODUCT	USE	BRAND	WHERE TO FIND IT
Raw/Organic Nuts and Seeds	Shakes, baking, snacks	Prana (macadamia, cashews)	Goodness Me, Stone Store, New Age Health
Organic Extra Virgin Olive Oil (EVOO)	Salad dressing, dips	Terra Delyssa	Costco
Avocado	Snack, dips, salads		Costco
Olives	Stuffed with almonds or garlic		Costco
Avocado Oil	Cooking, dips	Chosen Foods	Costco
MCT Oil	Coffee, shakes, salad dressings, dips		New Age Health
Cod Liver Oils	Supplement (do not cook or heat)	Carlson Oil	Stone Store
Cod Liver Oil Capsules	Supplement	Nordic Naturals	New Age Health
Fish Oil	Supplement	Innate Choice Omega Sufficiency	Family Chiropractic Centre
Vitamin K2	Supplement	AOR	New Age Health
Hemp Seeds	Supplement	Manitoba Harvest	Costco
Chia Seeds	Supplement	Nature's Intent	Costco

PRODUCT	USE	BRAND	WHERE TO FIND IT
Vegenaise (Grapeseed Oil)	Condiment	Earth Island	Stone Store
Organic Old (Raw) Cheddar Cheese	Snack, topping, salads	Organic Meadows	Zehrs
Organic Full Fat Dairy (Mild)		Organic Meadows	Goodness Me
Organic Goat Milk	Bar	Hewitt's Dairy	Goodness Me
Feta Cheese	Snack, topping, salads	Sheppard's Dairy	Costco
Raw Nut Butters (Almond, Cashew, Hazelnut)	Bars, shakes, snack		New Age Health, Zehrs, Goodness Me
Chocolate (at least 70% Cocoa)	Bars, shakes, snack		New Age Health





PROTEINS

PRODUCT	BRAND	WHERE TO FIND IT
Organic Grass-Fed Beef		Vibrant Farms, Rowe Farms, Goodness Me
Wild Sockeye Salmon	Frozen pre-packed, no other ingredients	Costco
Sardines (surprisingly mild taste)	Raincoast Trading	Zehrs
Canned Salmon (BPA-free)	Raincoast Trading	Zehrs
Pastured Chicken	Cedarvale Farms	Guelph Farmer's Market
Pastured/Organic Chicken Eggs	Cedarvale Farms, Rowe Farms	Guelph Farmer's Market, Goodness Me (huge selection)
Organic Meats		Vibrant Farms

PRODUCT	BRAND	WHERE TO FIND IT
Bones for Broth		Vibrant Farms, Rowe Farms
Vegan Protein Supplement	Garden of Life	Goodness Me, Stone Store
Grass-Fed Whey Protein	New Zealand	Goodness Me
Raw Chlorella Tabs	Giddy Yoyo	New Age Heath





CARBOHYDRATES

PRODUCT	BRAND	WHERE TO FIND IT
Organic Vegetables		Ignatius Community Shared Agriculture, Goodness Me
Beans (Organic is best, but not essential) - BPA-Free if Canned Preferred	Yves	Zehrs
Sauerkraut	Bubbies	Rowe Farms, Stone Store
Kimchi	Green Table Foods	Rowe Farms, Stone Store
Noodles	GoGo Quinoa, TruRoots	Costco
Ancient Grain Cereal	Heritage O's	Zehrs
Crackers	Mary's	Costco



CONDIMENTS & BEVERAGES

PRODUCT	BRAND	WHERE TO FIND IT
Carbonated Water	San Pellegrino	Costco
Cinnamon (Organic, Fair-Trade)	Peter Piper Spices	Goodness Me
Sea Salt	RealSalt	Zehrs
Organic Coffee	Planet Bean	Planet Bean
Organic Yerba Mate	Bulk	Goodness Me
Organic Tea	Organic Traditions	Zehrs
Organic Ketchup	Simply Natural	Goodness Me
Apple Cider Vinegar	Bragg's	New Age Health
Probiotic	Innate Choice	Family Chiropractic Centre
Kombucha	Live	Rowe Farms