



The Pantry Raid
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The After 50 Pantry Raid

Set aside *at least* an hour to do this so you're not rushed. Then decide what you're willing to do with the items you don't deem healthy choices for your after 50 fitness formula. The women's shelter or the food pantry doesn't really need it any more than you. Can you throw it away? Use one bag or box for throw away and one for semipermanent out-of-site items while you go through the elimination diet. In that case, hide or move your wheat and gluten products, sugar, dairy, eggs, corn, soy, peanut, and higher glycemic load fruits and juice (all but berries and citrus fruit).

1. Toss anything with a past expiration date. We've done prizes in the past for the oldest dates in case you like a little competition!
2. Read your way through every label. Timing consuming, yes. Better than you consuming foods that are making you fat, sick or miserable.
3. Put all the gluten (see below) and dairy, soy, peanut and sugar items you have on your shelves in a specific spot. Sugar is better removed completely.
4. Read labels for "extra" items that don't need to be there. If you're looking at a nut butter label for example, if there's anything but nut butter (or possibly salt) in it, it really doesn't belong in your body. Salsa doesn't require sugar. Real food is pronounceable and simple.
5. Remove anything with trans-fat.
6. Check your oils. Move the avocado, olive, coconut and macadamia nut oils to the front. Throw away the seed (vegetable) oils.
7. Raid your spice rack. Keep what's fresh and toss the rest. Make a list of anything you need including sea salt, pepper, garlic, cinnamon, turmeric, garlic powder and ginger, cumin and oregano, which have gut healing properties.
8. Open the refrigerator and go through the same steps. If anything on the elimination diet can go in the freezer until you know if it should be gone permanently or just bye-bye for now, do that. If it's a sugar-filled treat or fruit-flavored yogurt toss it. That's never going to be your friend. Don't leave ice cream or Girl Scout Cookies in the freezer waiting for you. Make it easy to do the right thing and hard to mess it up.
9. Last, open your drawers and cupboards. Are you organized? Do you have go-to items that you can't really get to easily? Move your lesser-used

items out of your way. Get your best pans and pots, your high-powered blender and your grill ready and easy to access. If you could love your kitchen what would that look like? Do it now. You need to love being in here.

10. Done? Take a picture and post to <http://www.facebook.com/> client only.. group to share your pantry raid!
11. Now use the Five Star Food List to restock. Start with recipes, build your ingredients lists and go armed to get everything you need and nothing you don't. Make sure you have "fast food" for quick meals! Frozen shrimp thaws in minutes, Canned beans, bone broth, and ground meat with leftover veggies could make a "soup" in 20-30 minutes or a bowl in 10 or less.

What Is Gluten?

Wheat

Rye

Barley

Oat

Corn

Durum

Millet

Rice

Spelt

Foods made with gluten ingredients include:

Hot dogs

Luncheon meats

Pickles

Salad dressings

Canned soups

Dried soup mixes

Processed cheese

Cream sauces

Don't be tempted to simply buy "gluten-free" products without reading the labels. They may not include the highest-quality ingredients. The gluten-free label is just a magnet marketers know will attract some buyers. Whole food options are always a better bet.

Avoid these words on labels that allow producers leave out the actual ingredients: Seasoning

Flavoring

Natural or Artificial flavoring

Hydrolyzed vegetable protein
Modified food starch

Sugar by any other name is still sugar:

Agave nectar or syrup
Barley malt
Beet sugar
Blackstrap molasses
Brown rice syrup
Brown sugar
Buttered sugar
Cane juice or cane juice crystals
Cane sugar
Caramel
Carob syrup
Castor sugar
Coconut sugar
Corn sweetener or corn syrup
Date sugar
Demerara sugar
Dextran
Diastase
Ethyl maltol
Evaporated cane sugar
Fructose
Fruit juice concentrate
Galactose
Glucose
Golden sugar
Golden syrup
High-fructose corn syrup
Honey
Invert sugar
Lactose
Malt powder
Maltodextrin
Maple Syrup
Maltose
Molasses syrup
Muscovado sugar
Oat sugar
Organic raw sugar
Panela
Panocha
Powdered sugar (Confectioner's sugar)

Rice bran syrup
Rice syrup
Sorghum and sorghum syrup
Sucrose
Sugar
Syrup
Treacle
Tapioca syrup
Turbinado sugar
Yellow sugar

Artificial Sweeteners

The following list includes the actual name of the artificial sweetener, and the obscure names food companies may be using to hide these ingredients from you.

Acesulfame Potassium

ACK

Ace K

Equal Spoonful (also +aspartame)

Sweet One

Sunett

Aspartame

APM

AminoSweet (not in US)

Aspartyl-phenylalanine-1-methyl ester

Canderel (not in US)

Equal Classic

NutraTaste Blue

NutraSweet

Aspartame-Acesulfame Salt

TwinSweet (Europe only)

Cyclamate

Not in US as per FDA

Calcium cyclamate

Cologran = cyclamate and saccharin; not in US

Sucaryl

Erythritol

Sugar alcohol

Zerose

ZSweet

Glycerol

Glycerin

Glycerine

Glycyrrhizin

Licorice

Hydrogenated Starch Hydrolysate (HSH)

Sugar alcohol

Isomalt

Sugar alcohol

ClearCut Isomalt

Decomalt

DiabetiSweet (also contains Acesulfame-K)

Hydrogenated Isomaltulose

Isomaltitol

Lactitol

Sugar alcohol

Maltitol

Sugar alcohol

Maltitol Syrup

Maltitol Powder

Hydrogenated High Maltose Content Glucose Syrup

Hydrogenated Maltose

Lesys

MaltiSweet

SweetPearl

Mannitol

Sugar alcohol

Neotame Polydextrose

Sugar alcohol

(Derived from glucose and sorbitol)

Saccharin

Acid saccharin

Equal Saccharin
Necta Sweet
Sodium Saccharin
Sweet N Low
Sweet Twin

Sorbitol
Sugar alcohol
D-glucitol
D-glucitol syrup

Sucralose
1',4,6'-Trichlorogalactosucrose
Trichlorosucrose
Equal Sucralose
NatraTaste Gold
Splenda

Tagatose
Natrulose

Xylitol
Sugar alcohol
Smart Sweet
Xylipure
Xylosweet

When you're ordering at a restaurant, start getting inquisitive. Once you've done the Pantry Raid, you'll be more aware. When you feel good, the consensus among my clients is, "*I like feeling good!*"

Ask about dressings or sauces (gluten) or just ask to leave them off and opt for vinegar and oil at the table.

Ask about what fat is used or what marinade is used (gluten, canola oil, peanut oil) and ask for yours grilled without.

Be "that girl" at the table.

The healthy one. It will feel high maintenance at first. It will feel so good you don't care.

The menu is just a suggestion. Anything on it can be prepared the way you want. You're the customer. They're working for you.