

# Transforming Autism Workshop 2.0: A Live, Interactive Event

## 12 Healthy Foods to Trade Out for Junk Food & Snacks

By Luminara Serdar



# 12 Healthy Foods to Trade Out for Junk Food & Snacks

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## GO STEP BY STEP

- Check your pantry and refrigerator and read ingredient labels.
- If you can't pronounce it, it's likely a man-made chemical that shouldn't go into or onto your body. Look out for artificial colors, flavors and preservatives, flavor enhancers like MSG, dyes like FD&C Red No. 4.
- Write down everything you want to eliminate and decide what to get rid of first. There's space on the handout to write items you want to get rid of.
- Use this list to replace the junky/toxic food with the suggested replacement.
- Take baby steps so as not to get overwhelmed. Remember this is a process, not an overnight switch!

## Key for Ingredient Problems

- 1. Bad Oils** - Includes corn, vegetable, canola, soy, sunflower, safflower oils
- 2. Bad Sweetener** – Known to be processed with mercury and leave mercury residue
- 3. Synthetic Added Vitamins** – Poorly absorbed
- 4. High in Sugar**
- 5. Artificial Flavors** – Unsure what chemicals are used; could contribute to ‘behaviors’
- 6. Natural Flavors** – Unsure what chemicals are used; could contribute to ‘behaviors’
- 7. Non-organic Wheat/Grains** – Usually sprayed with RoundUp prior to harvest, or potatoes with heavy pesticide use
- 8. Food Dyes** - contribute to ‘behaviors’
- 9. Likely Contains GMOs** - Genetically Modified Organisms
- 10. Mostly Carbohydrates** – Breaks down into sugar and feeds bad microbes
- 11. MSG or MSG Flavor Enhancer** – Flavoring that could affect sensitive individuals; contribute to ‘behaviors’
- 12. Artificial and Harmful Preservatives**

## Non-Nutritious Food

### Chips Ahoy! Cookies



#### INGREDIENTS :

UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, **THIAMINE MONONITRATE {VITAMIN B1}**), **RIBOFLAVIN {VITAMIN B2}**, **FOLIC ACID**), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, COCOA BUTTER, DEXTROSE, MILK, SOY LECITHIN), SUGAR, **SOYBEAN AND/OR CANOLA OIL**, PALM OIL, **HIGH FRUCTOSE CORN SYRUP**, LEAVENING (BAKING SODA, AMMONIUM PHOSPHATE), SALT, NATURAL AND **ARTIFICIAL FLAVOR**, CARAMEL COLOR. WHEAT, MILK, SOY.

**PROBLEMS :** 1, 2, 3, 5, 7, 9, 10

## Replacement Items

### Fruit



### Go-go Squeeze Fruit



### Lara Bar

### Fat Bomb Energy Ball



recipe below

### Honey Maid Graham Crackers



#### INGREDIENTS :

GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, **REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}**), **RIBOFLAVIN {VITAMIN B2}**, **FOLIC ACID**), SUGAR, **CANOLA OIL**, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, WHEAT STARCH, **ARTIFICIAL FLAVOR**.

**PROBLEMS :** 1, 3, 5, 10

### Nature's Bakery Gluten Free Fig Bars



## Non-Nutritious Food

## Why It's Bad

## Replacement Items

## Items to Replace

### Welch's Fruit Snacks



#### INGREDIENTS :

FRUIT PUREE (GRAPE & STRAWBERRY), **CORN SYRUP**, SUGAR, **MODIFIED CORN STARCH**, MODIFIED TAPIOCA STARCH, GELATIN, PECTIN, CITRIC ACID (ACIDULANT), LACTIC ACID, **NATURAL & ARTIFICIAL FLAVORS**, ASCORBIC ACID (VITAMIN C), ALPHA TOCOPHEROL ACETATE (VITAMIN E), **VITAMIN A PALMITATE**, SODIUM CITRATE, COCONUT OIL, CARNAUBA WAX, **RED40**

**PROBLEMS : 2, 3, 4, 5, 8, 10**

### Simple Truth Organic Fruit Strips



### Chia Pudding

### Sun Chips



#### INGREDIENTS :

**WHOLE CORN, SUNFLOWER AND/OR CANOLA OIL, WHOLE WHEAT**, BROWN RICE FLOUR, WHOLE OAT FLOUR, SUGAR, SALT, NATURAL FLAVOR, AND **MALTODEXTRIN** (MADE FROM CORN). CONTAINS WHEAT INGREDIENTS.

**PROBLEMS : 1, 7, 9, 10**

### Paleo Puffs



### Whole Foods 365 Veggie Straws



#### INGREDIENTS :

**POTATO STARCH, POTATO FLOUR, VEGETABLE OIL**. CONTAINS ONE OR MORE OF THE FOLLOWING: **CANOLA OIL, SUNFLOWER SEED OIL, SAFFLOWER SEED OIL, HIGHLY REFINED SOYBEAN OIL, CORN OIL**), **CORNSTARCH**, SEA SALT, SPINACH POWDER, TOMATO POWDER, CANE SUGAR, BEET ROOT POWDER (COLOR), TURMERIC EXTRACT.

**PROBLEMS : 1, 7, 9, 10**

### Lundberg Rice Crackers



## Non-Nutritious Food

## Why It's Bad

## Replacement Items

## Items to Replace

### Rold Gold Pretzels



#### INGREDIENTS :

**ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, CORN OIL, CORN SYRUP, AMMONIUM CARBONATE, MALT EXTRACT, AND YEAST.**

**PROBLEMS : 1, 2, 3, 7, 10, 11**

### Chomps Grass Fed Beef Sticks



### Trader Joe's Organic Beef Jerky



### Takis



#### INGREDIENTS :

**CORN FLOUR, VEGETABLE OIL (SOYBEAN AND/OR CANOLA) & PALM OIL (PALM OIL AND/OR FRACTIONATED PALM OIL), SEASONING [CORN MALTODEXTRIN, SUGAR, CITRIC ACID, POTASSIUM CHORIDE, RICE FLOUR, SALT, MONOSODIUM GLUTAMATE, NATURAL AND ARTIFICIAL FLAVOURS (CORN MALTODEXTRIN, YEAST EXTRACT, DISODIUM INOSINATE AND GUANYLATE, POTATO STARCH, GUM ARABIC), HYDROLYZED SOYBEAN PROTEIN, DEHYDRATED ONION, SPICE EXTRACTIVES (INCLUDING RED CHILI PEPPER), SODIUM BICARBONATE, COLOURS, DISODIUM INOSINATE AND GUANYLATE, SODIUM ACETATE, SOYBEAN OIL, ACETIC ACID, BHA & SILICON DIOXIDE, BARLEY GLUTEN] WATER. MAY CONTAIN: PEANUTS, MILK, EGG, WHEAT, SULPHITES AND MUSTARD.**

**PROBLEMS : 1, 5, 6, 9, 10, 11, 12**

### Trader Joe's Organic Tortilla



## Non-Nutritious Food

## Why It's Bad

## Replacement Items

## Items to Replace

### Pringles Potato Chips



#### INGREDIENTS :

**DRIED POTATOES, VEGETABLE OIL (CORN, COTTONSEED, HIGH OLEIC SOYBEAN, AND/OR SUNFLOWER OIL), DEGERMINATED YELLOW CORN FLOUR, CORNSTARCH, RICE FLOUR, MALTODEXTRIN, MONO- AND DIGLYCERIDES, SALT, WHEAT STARCH.**

**PROBLEMS : 1, 2, 9, 10**

### Banana Organic Plantain Chips



### Lays Potato Chips



#### INGREDIENTS :

**POTATOES, VEGETABLE OIL (CANOLA, CORN, SOYBEAN, AND/OR SUNFLOWER OIL), AND SALT.**

**PROBLEMS : 1, 7, 9, 10**

### Hippeas Chickpea Puffs



### Goldfish Crackers



#### INGREDIENTS :

**ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: NONFAT MILK, YEAST, SUGAR, BAKING SODA, MONOCALCIUM PHOSPHATE, PAPRIKA, SPICES, CELERY, ONION POWDER. CONTAINS: WHEAT, MILK.**

**PROBLEMS : 1, 3, 7, 9, 10, 11**

### Annie's Bunny Crackers



## Non-Nutritious Food

## Why It's Bad

## Replacement Items

## Items to Replace

### Doritos



#### INGREDIENTS :

**CORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), MALTODEXTRIN (MADE FROM CORN), SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, MONOSODIUM GLUTAMATE, BUTTERMILK, ROMANO CHEESE (PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY PROTEIN CONCENTRATE, ONION POWDER, CORN FLOUR, NATURAL AND ARTIFICIAL FLAVOR, DEXTROSE, TOMATO POWDER, LACTOSE, SPICES, ARTIFICIAL COLOR (YELLOW 6, YELLOW 5, AND RED 40), LACTIC ACID, CITRIC ACID, SUGAR, GARLIC POWDER, SKIM MILK, RED AND GREEN BELL PEPPER POWDER, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.**

**PROBLEMS : 1, 2, 6, 7, 8, 9, 10, 11**

### Rhythm Veggie Sticks



### Manna Organic Kale Chips



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## Recipe for Fat Bomb Energy Ball

### INGREDIENTS

- ½ cup tahini or nut butter
- ½ cup nuts (pecans, almonds, cashews, walnuts, hazelnuts, macadamia)
- ¼ cup hemp seeds
- ¼ cup flax seeds
- ½ cup shredded coconut flakes
- ½ - ¾ cup medjool dates
- Pinch of sea salt or Himalayan salt

### OPTIONAL

- Two tbsp organic protein powder or bone broth powder
- One of the following spices: cinnamon, vanilla, lemon zest, lime zest, pumpkin pie spice
- Chocolate chips or cacao nibs
- Coconut flakes, cocoa for coating the outside of the balls

### INSTRUCTIONS

1. If using nuts, add nuts to the food processor and mix until finely chopped.
2. Add the remaining ingredients and process until a thick paste forms. The mix should be goopy and a bit sticky.
3. Roll about a tablespoon each of the mixture into balls.
4. Roll in cocoa, cinnamon, coconut flakes if desired.
5. Store in air tight container in refrigerator or freezer.



## Recipe for Homemade Chia Pudding

### INGREDIENTS

- 3 tbsp cocoa powder
- 2 tbsp vanilla extract
- 1/8 tsp salt
- 1-2 tbsp maple syrup
- 1 cup milk of choice (e.g., almond milk, 2% milk)
- 3 tbsp whole chia seeds
- 3/4 cup vanilla yogurt
- 1/2 cup fruit of choice (e.g., berries, sliced bananas)

### OPTIONAL

- Double or triple the recipe to make more servings!
- Change up the flavors to match your tastes. Consider adding cinnamon, mint, chai spices (adult version), lemon or lime juice.

### INSTRUCTIONS

1. In a large bowl, add all ingredients (except yogurt and fruit) and whisk vigorously until cocoa powder is fully incorporated into the pudding.
2. Cover the bowl with plastic wrap or transfer it to a container with a lid.
3. Place the pudding in the refrigerator and chill overnight or for at least 4 hours.
4. Remove pudding from the refrigerator and stir to eliminate any clumps.
5. In 3 small glass jars or serving bowls, layer 2 heaping spoonfuls of pudding, followed by 1/4 cup of yogurt, and then a final spoonful of pudding.
6. Top with the fruit of your choice and enjoy.

