

THE GROCERY GODDESS PRESENTS

Anti-Inflammatory

Clean Shopping Guide

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Your free starter guide to shopping anti-inflammatory —
label by label, aisle by aisle.

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Hey Goddess... Welcome.

I created this guide because I was you. Chronically inflamed, bloated, breaking out, exhausted — buying everything that said 'vegan,' 'natural,' and 'healthy' on the front and still feeling terrible. Nobody told me the front label was just marketing.

When I learned how to actually read a food label — everything changed. The inflammation went down. The bloating stopped. My skin cleared. My energy came back. Food healed me.

This guide is your starting point. Use it every single time you shop. It gives you the foundation — the four label reading rules, the ingredients to always avoid, and your produce guide for knowing exactly where your organic budget matters most.

This is just the beginning. Follow along with the full Revamp Your Kitchen Anti-Inflammatory Series for the complete aisle-by-aisle breakdown.

WHAT'S INSIDE THIS GUIDE

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The 4 Label Reading Rules

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Dirty Dozen + Clean 15

The 4 Label Reading Rules

Learn these once. Use them on every single grocery trip.

1

Always Flip It Over

The front of every package is advertising. 'Natural,' 'Healthy,' 'Gluten Free,' 'Whole Grain' — none of these words are regulated by the FDA. Any brand can put them on any product. The ingredient list on the back is where the truth is.

2

Check Your First 5 Ingredients

Ingredients are listed in order of weight — whatever comes first is what the product is mostly made of. If sugar, oil, or anything inflammatory is in your top 5 — put it back. That product is not for you.

3

Know the Code Words

Anything ending in -ose is sugar: glucose, fructose, dextrose, maltose, sucrose. 'Enriched' means stripped of nutrients and rebuilt with synthetics. 'Natural flavors' is a loophole — it can mean almost anything.

4

Short List Wins — Always

Real anti-inflammatory food has short ingredient lists. Real words. Things you can pronounce. If you can't read it your body probably can't process it.

ALWAYS AVOID

Ingredients to Look For & Avoid

These are the inflammatory red flags hiding on every label.

SEED OILS — The #1 Inflammatory Ingredient

Vegetable oil · Canola oil · Soybean oil · Sunflower oil · Corn oil · Cottonseed oil · Safflower oil

INFLAMMATORY SWEETENERS

High fructose corn syrup · Corn syrup · Aspartame · Sucralose · Acesulfame potassium · Saccharin

CHEMICAL ADDITIVES

Natural flavors · Artificial flavors · Artificial colors (Red 40, Yellow 5, Blue 1) · BHA / BHT · Carrageenan · MSG

PROCESSED GRAINS

Enriched flour · Bleached flour · Refined white flour · Modified food starch · Maltodextrin

Code Words for Sugar

Every name sugar hides behind on a food label.

High fructose corn syrup	Glucose syrup	Dextrose	Fructose
Maltose	Sucrose	Corn syrup solids	Barley malt
Rice syrup	Evaporated cane juice	Fruit juice concentrate	Cane crystals

■ Anything ending in *-ose* is sugar. If you see 3 or more of these in one product — put it back.

Dirty Dozen + Clean 15

You don't have to buy everything organic. Spend your budget where it actually matters.

■ DIRTY DOZEN — Always Buy Organic	■ CLEAN 15 — Safe to Buy Conventional
■ Strawberries	■ Avocados
■ Spinach	■ Sweet Corn
■ Kale / Collard Greens	■ Pineapple
■ Peaches	■ Onions
■ Pears	■ Papaya
■ Apples	■ Broccoli
■ Grapes	■ Frozen Sweet Peas
■ Bell Peppers	■ Sweet Potatoes
■ Cherries	■ Cantaloupe
■ Blueberries	■ Cabbage
■ Green Beans	■ Mushrooms
■ Lettuce	■ Honeydew Melon
	■ Asparagus
	■ Kiwi
	■ Eggplant

■ *PLU sticker tip: Starts with 9 = certified organic. Starts with 3 or 4 = conventional. This one trick saves you time at the store every single week.*

This is just the beginning, Goddess.

You now have the foundation — the rules, the ingredients to avoid, the first swaps to make, and where your organic budget matters most.

Visit rootedtablewellness.com to start your health journey.