

Food Guidelines

What We Use and What We Avoid

At Well Being Retreat Center, we are committed to serving meals that are healthy, delicious, and prepared with care. Here is what goes into our kitchen and what does not.

What We Use

- Non-chlorinated well water (tested annually)
- Mostly organic and gluten-free ingredients
- Produce from our organically tended vegetable garden in season
- Organic olive oil, organic butter, unflavored organic coconut oil
- Stainless steel pans and PFOA-free, Teflon-free non-stick pans
- Ceramic plates and cups and BPA-free drinking glasses
- Eggs from Well Being's organically raised, free range chickens
- Chicken: Organically raised, free range, and hormone-free
- Beef: Organic, grass finished, grain-free, and hormone-free
- Veganaise, a vegan form of mayonnaise with grapeseed oil
- Organic maple syrup or honey
- The EWG's Recommendations for the "Clean Fifteen"

What We Avoid

- Soy Products, except wheat-free Tamari and tofu
- Peanuts (because of their potential for aflatoxins)
- Aluminum cookware or baking powder

- Soft plastic food storage containers (due to BPA content)
- Corn, Canola, or soybean oils (due to high Omega-6 oils)
- Trans-fats (like margarine)
- High Fructose Corn Syrup (HFCS) or MSG
- The EWG's recommendations for the "Dirty Dozen"