

SEVEN PRINCIPLES OF FOOD SELECTION¹

Natural Gourmet Institute's interdisciplinary curriculum is based on these core principles developed by our founder, Annemarie Colbin, Ph.D.



Seasonal

Fruits and vegetables in season are more affordable and retain their nutrients better than foods that have been transported long distances.



Fresh & Organic

Not artificial, not heavily processed, not irradiated or genetically engineered; free of chemical additives, colorings, preservatives.



Local

Local produce tastes better, costs less, and is more nutritious because it is picked riper and does not lose nutrients in travel.



Whole

As nature provides them with all of their edible parts.



Traditional

We should acknowledge what our ancestors ate and the foods that are indigenous to our local region and incorporate those foods into our diet.



Balanced

It is important to make sure there is enough protein, carbohydrates, fat and micronutrients in our diet and to balance bitter, sweet, salty, sour and savory flavors.



Delicious

There is no point in eating healthy food if it doesn't taste good. Great tasting healthy food inspires us to eat more great tasting healthy food, leading to the development of healthier eating habits.