



FOUR ALWAYS



100% Whole grains: Farro, quinoa, brown rice, bulgur (cracked wheat), oatmeal, whole cornmeal



Nuts: A handful a day



Beans: A cup of beans per day



Fruit & vegetables: 5-10 servings per day



FOUR TO AVOID



Sugar-sweetened beverages: Empty calories



Salty snacks: Too much salt and preservatives



Packaged sweets: Cookies, candies, and processed sweets banned from pantry



Processed meats: Linked to cancer and heart disease

