

WHAT REAL FOOD LOOKS LIKE

* EAT LESS FROM A BOX AND MORE FROM THE EARTH. *



Vegetables

Load up on fresh or frozen vegetables. Buy local, in-season when you can.



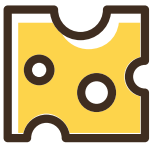
Fruits

Choose fresh, dried or frozen to satisfy your sweet tooth.



Herbs & Spices

Sprinkle liberally to infuse flavor into your cooking.



Milk & Dairy

Buy unsweetened greek yogurt and select real cheese.



Meat & Seafood

Bake, broil or sauté chicken, fish, pork, lamb or shrimp.



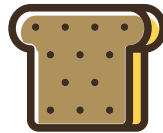
Eggs

Pick pastured eggs from farmers' market.



Wholesome Grains

Opt for brown rice, oats and quinoa.



100% Whole-Grain Bread

Look for products that list whole wheat as the first ingredient.



Snacks

Go for seeds, nuts, beans and popcorn.



Beverages

Sip mostly on water or unsweetened coffee or tea.



Natural Sweeteners

Use honey or 100% pure maple syrup in moderation.