



RULES OF THUMB FOR GOOD HEALTH!

Shop the outskirts of the store

If it can't rot or go bad...DON'T EAT IT

Only keep good food on hand in your home

Base most meals from your home

Eat 5 servings of fruits and vegetables every day
(juice if you need to - greens)

Create COLORFUL plates

Limit or eliminate sugar or sugar substitutes

MODERATION – portions as well as desirables

Balanced diet – protein/ good carbs/ low fat

Drink LOTS of water – H₂O

Deep breathing – integrate voluntary & involuntary functions

Exercise