


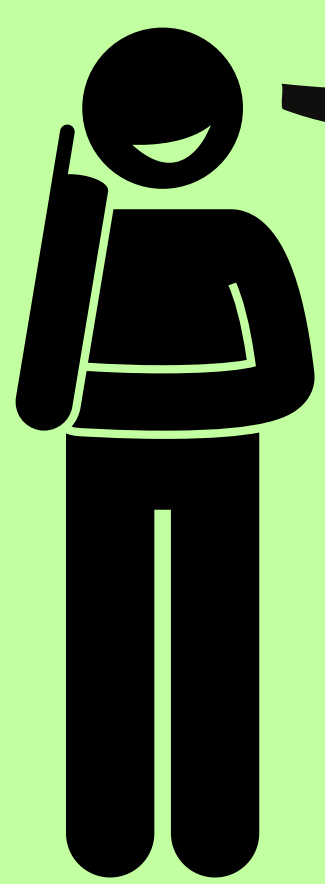
LET'S TALK ABOUT WHOLE FOODS




WHOLE FOODS? ISN'T THAT THE SUPER EXPENSIVE GROCERY STORE?




NOT THE STORE SILLY, THE TYPE OF FOOD! A WHOLE FOOD IS A MINIMALLY PROCESSED PLANT FOOD, SUCH A FRUIT, VEGGIE, NUT, OR WHOLE GRAIN.



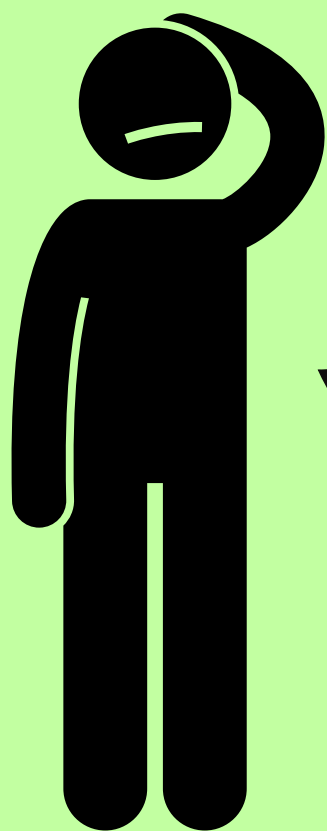
YUM, I LIKE THOSE FOODS! I'M NOT ABLE TO ACCESS FRESH PRODUCE ALL THE TIME THOUGH...



WHOLE FOODS DON'T NEED TO BE IN THEIR ORIGINAL FORM. THEY CAN BE FROZEN, CANNED WITHOUT SALT, PRE-CHOPPED, BOXED, COOKED WITH SPICES, OR BLENDED INTO SMOOTHIES!

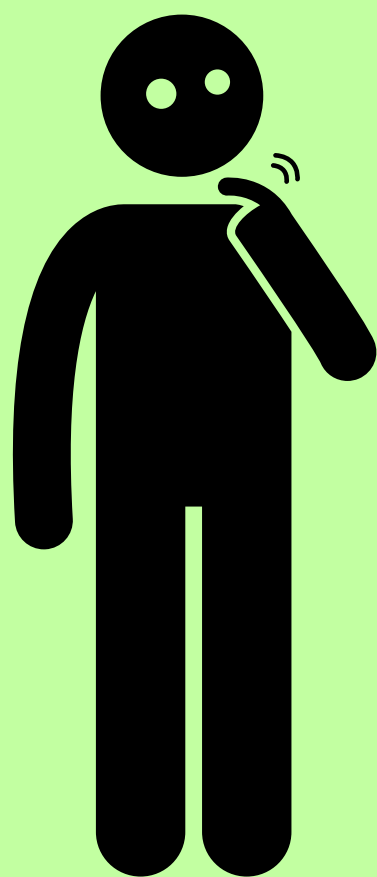


MOST PACKAGED WHOLE FOODS HAVE ONLY 1-2 ITEMS ON THE INGREDIENT LIST, WHICH IS DISPLAYED ON THE BACK OF THE PACKAGE.

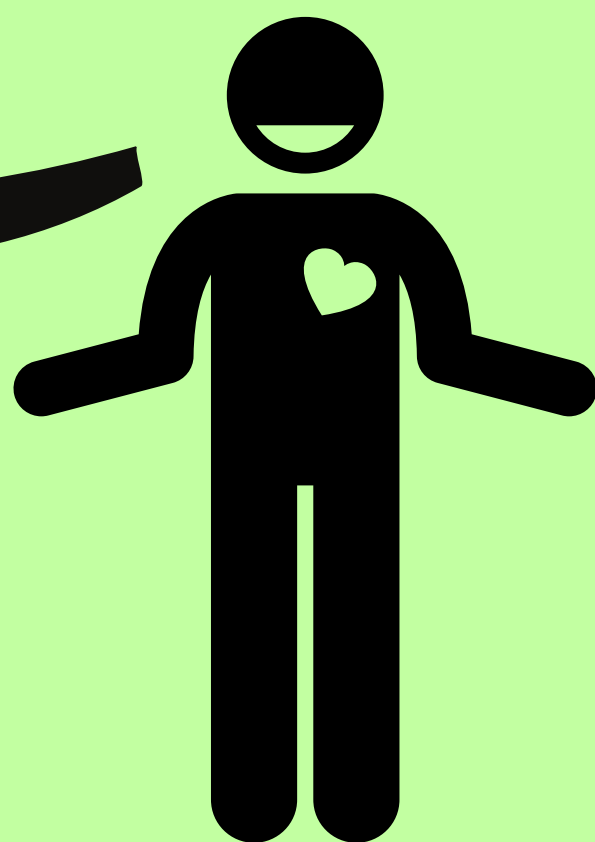


BUT WOULD
HAVING A
WHOLE FOODS DIET
MEAN I CAN'T EAT
MY FAVORITE
CHEEZ-ITS
ANYMORE?

CHEEZ-ITS ARE NOT TYPICALLY
PART OF A WHOLE FOODS DIET BECAUSE THEY
HAVE ADDED SALTS, SUGARS, DAIRY, AND REFINED
CARBOHYDRATES. A DIETARY TRANSITION TAKES TIME
THOUGH, AND YOU CAN MAKE YOUR OWN RULES.
THERE'S NO LAW SAYING YOU NEED TO CUT CHEEZ-ITS
OUT OF YOUR DIET RIGHT AWAY (OR AT ALL).



ALL OF THIS
INFORMATION IS
OVERWHELMING...
HOW DO I EVEN
START?



WHY DON'T YOU TRY ADDING SOME
WHOLE FOODS TO YOUR DIET BEFORE REDUCING
PROCESSED FOODS? THIS COULD HELP YOU NOT
FEEL RESTRICTED WHILE INTRODUCING YOUR BODY
TO MORE HEALTHY FOODS. MAKE CHANGES AT
YOUR OWN PACE. I'M HERE TO SUPPORT YOU!

