

The Simple Prescription for Good Eating

1 Focus on the Good

fruits & vegetables, fresh (or frozen)
whole grains and beans, nuts and seeds
lean proteins and good fats

2 Minimize the Not-
So-Good

sugars, transfats, salt, white flour
preservatives, colorings, artificial flavorings
i.e., processed, packaged foods

3 Be Wildly Diverse
& Moderate

expand your taste horizons and eat a wide
and delicious variety of foods

4 Find Your Path of
Balance

50% of your plate vegetables and some fruit
eat meals (not just snack foods) regularly
don't forget breakfast!

5 Enjoy
Eating!!



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