



Small Changes. Big Impact.

So you've decided to start eating healthier, but when you get to the store, you're overwhelmed. What constitutes a healthy food choice? The healthiest foods tend to be whole foods meaning they're in their purest form, minimally processed without additives. Think fresh-picked fruits and vegetables. Raw milk straight from the cow. Pastured meat raised without hormones or antibiotics. Whole grains and raw honey from the hive. Because whole foods do not include added sugars and chemicals, they provide the ideal nutrients for the body and long-term health.

While most people don't have the time or resources to live on whole foods alone, you can make a few small changes to help you get more from your food.

- *Buy produce from a local farm in your area. Local produce is usually fresher, more flavorful and supports your local economy.*
- *Include more plant-based foods in your diet like fresh fruits and vegetables, whole grains and beans.*
- *Buy foods seasonal to your region. If you're eating a peach or tomato in the middle of winter, chances are it's been shipped from thousands of miles away.*
- *Reduce your overall sugar intake and avoid foods processed with high-fructose corn syrup.*
- *Swap hydrogenated fats (like margarine) with natural fats like coconut oil, olive oil, nuts and butter.*
- *Choose minimally processed, raw dairy products and pasture-grazed meats from farms that you know.*
- *Avoid eating soy products which can reduce absorption of vitamins and minerals, plus disrupt protein digestion and endocrine function. (For more information on how soy affects the body, visit www.westonaprice.org/soy-alert.)*

Eat Healthy. Be Happy.