



A Better Version of *You...*



Top 10 Super Foods

- 1- Macadamia Nut oil
- 2- Avocado
- 3- Alaskan Salmon
- 4- Red, yellow, orange peppers
- 5- Kale
- 6- Lean organic red meat
- 7- Sea vegetables
- 8- Lentils and beans
- 9- Any whole food
- 10- Broccoli

BONUS!

- Blueberries
- Apples
- Fresh ground flaxseed meal
- Green tea
- Extra virgin olive oil
- All berries
- Sardines
- Eggs
- Turkey

Easy Get- Healthy Tips:

- *Eat more “whole, ” unprocessed foods.
This means foods that are straight from nature with no added ingredients, and not in a box or can.
- *Drink more pure, filtered or bottled water
- *Eat slowly and savor foods at mealtime as much as possible. Eat smaller, more frequent meals a day.
- ***READ FOOD LABELS!** This is your key to understanding what you are putting in your body.
- *Eat in Color! Use color as your guide: make sure each meal has a variety of colors when choosing vegetables, fruits, whole grains, and proteins to ensure you are getting a variety of nutrients. Foods of the same color usually carry the same type of nutrients.
- *Moderation is Key. Enjoying your favorite foods should be a part of your regular diet, but be sure to keep everything in moderation to ensure a well- balanced diet.

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