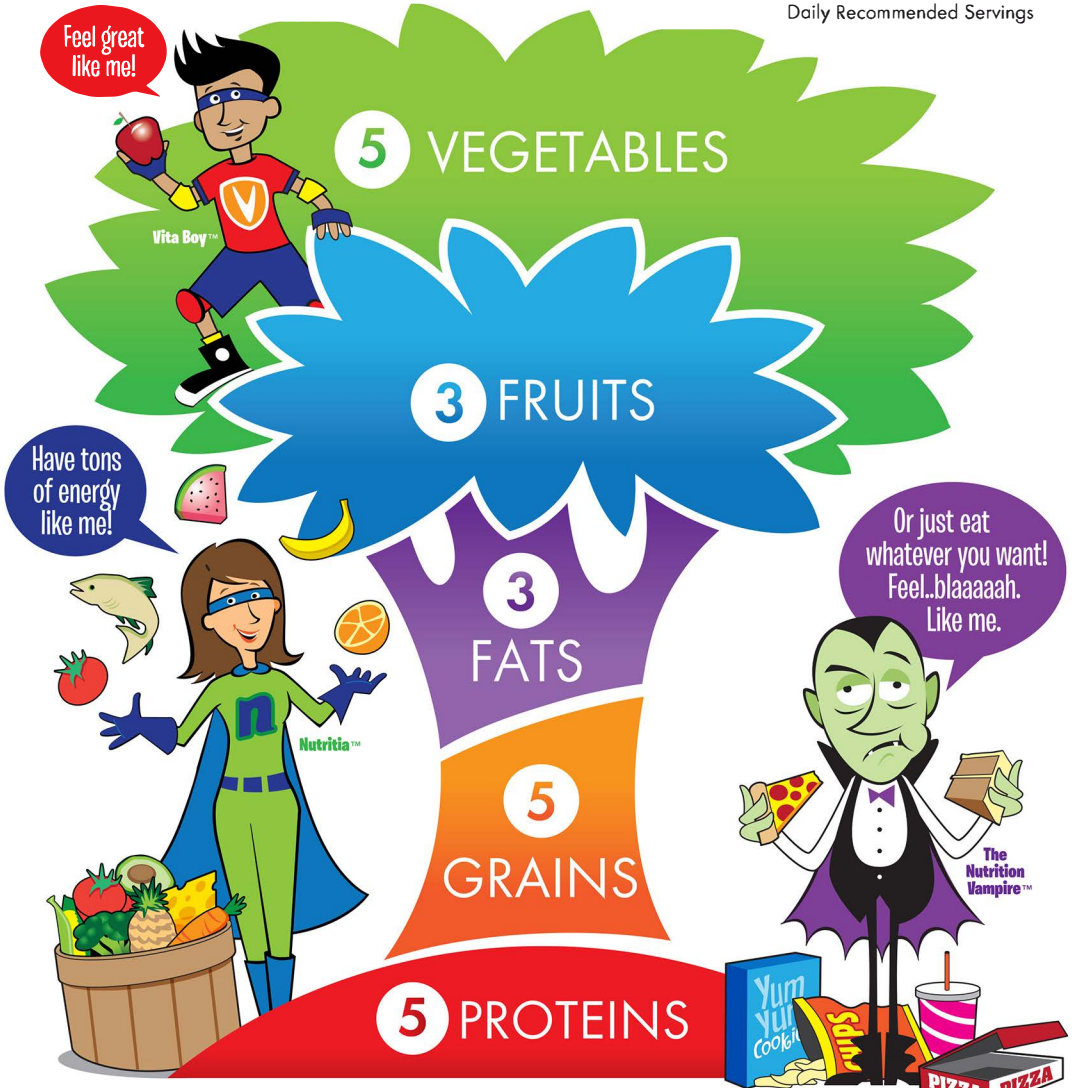


# EAT LIKE A TREE!

Daily Recommended Servings



## A GUIDE TO HEALTHY EATING FOR THE ENTIRE FAMILY

### VEGETABLES

asparagus, artichokes, beets, broccoli, brussels sprouts, carrots, celery, collards, cucumber, eggplant, herbs, kale, onion, peas, peppers, potatoes, salad greens, sea vegetables, spinach, squash, tomatoes, yams

### FRUITS

apples, bananas, blueberries, cherries, kiwi, lemons, mango, nectarines, oranges, papaya, peaches, pears, pineapple, plums, strawberries, watermelon

### FATS

nuts/seeds; flax, walnut, pumpkin, fruit/oils; olive, avocado, coconut, dairy, butter, cheese, animal fats, fish/fish oil, eggs

### GRAINS

amaranth (gf), barley, buckwheat (gf), corn (gf), millet (gf), oats, rice (gf), rye, quinoa (gf), spelt, sorghum, teff (gf), triticale, wheat (gf = gluten free)

### PROTEINS

beans, legumes, nuts, seeds, dairy, meat, blue gree algae

