



**Awesome** BY CHRIS JOHNSON **Okav Keep Out** partially butter substitute hydrogenated oil brownies hot chocolate waffles breaded ranch dressing olive oil chicken strips mayonnaise canned fruit french toast sticks weetened rice cakes 100% whole grain bread instant oatmeal canadian bacon frozen yogurt jello grapes white bread iceberg lettuce wheatgrass berries apple juice pudding redskin potatoes organic coconut nachos grape juice dark chocolate avocado yams organic yogurt broccoli hot dogs fast food turkey burgers homemade soup apple sauce processed burgers fruit spreads almond milk cod liver oil spinach carrot sticks granola bars ice cream butter raisins homemade pizza chia seeds oranges pie spaghetti nuts & seeds mineral water popsicles cream cheese whole fruit celery sticks with natural peanut butter fried food bagels corn coconut milk peanuts french fries pickles candy homemade granola bars rolled oats hamburger organic yogurt beans sprouted bread potato chips english muffins pop apples spirulina/chlorella melon canned soup grilled chicken breast wing dings fast food pretzels white rice fried chicken sub sandwich fruit punch whole grain cereal fruit snacks peanut butter & bacon jelly sandwich mashed potatoes orange juice energy drinks pizza rolls macaroni homemade & cheese tacos cake grape soda OKAY artificial sweeteners sugared cereals ketchup (unless organic) high fructose instant potatoes čorn syrup fast-food breakfast sandwich

KEEP OUT



## **How to Read a Food Label**

## **Blueberry Crisp Cereal**

INGREDIENTS: CO. M, SOUAN, BLUEBERNIES (BLUEBERP S, HIGH FRUCTOSE CORN SYRUP. GLYCEROL, SAFELOWER OIL CITRIC A CALCIUM LACTATE, POTASSIUM SORBATE [PRESERVATIVE], NATURAL BLUEBERRY FLAVORING), ROLLED OATS, SLICED ALMONDS, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONICED CIE, SALI, HONEY, MALT EXTRACT IICE, PARTIALLY HYDROGENATED SUNFLOWER OIL, HIGH FRUCTOSE CORN SYPUR AND ARTIFICIAL FLAVOR, NONFAT MILK,

MOLASSES, CORN SYRUP VITAMINS AND MINERALS: SOPILIM ASCORBATE AND ASCURBIC ACID, NIACINAMIDE, INC ORTHOPHOSPHATE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE RIBOFLAVIN, THIAWIIN HYDROCHLORIDE, FOLIC ACID, VITAMIN D.

No High Fructose
Corn Syrup

VS
No
No
Trans Fats

Trans Fats

**Nutritional Information** 

**INGREDIENTS:** Blueberries

Less is best



Made FOR kids BY kids! Taylar Miller

## Top Tips for Healthy Habits

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- o Drink Water
- o Move Daily

- o Eat Frequently
  (every 3 hours)
- o Eat Whole Foods (apples, carrots, oranges, bananas)
- o Superfoods!

## Go Green!

By eating foods closer to the green of the target, you will be moving closer to the raw, natural form of this food, which is the best for your health!





