



**Pay the
Farmer now,
or pay
PHARMA
much more
later**

What are we eating?

LEVEL OF PROCESSING	EXAMPLES
Unprocessed - Minimally processed	Fresh, Frozen, dried vegetables, fruit, meat, fish
Processed culinary ingredients	Plant oils - Edible oils extracted from plants found in processed foods, including Salad Dressings, Margarine, Mayonnaise, and Cookies
Processed food products	Canned/bottled vegetables, salted nuts, smoked fish, bacon
Ultra-processed food products	Chips, burgers, hot dogs, cakes, pastries, most breakfast cereals, sugar sweetened drinks

Practical Steps for Eating Healthy

- Make Gradual changes that can stick
- Use Meat as a flavoring
- Red meat as a once per week
- One pot multi mix meals
- Eat natural. Not too much. Mostly plants

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➔ Drink water instead

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