



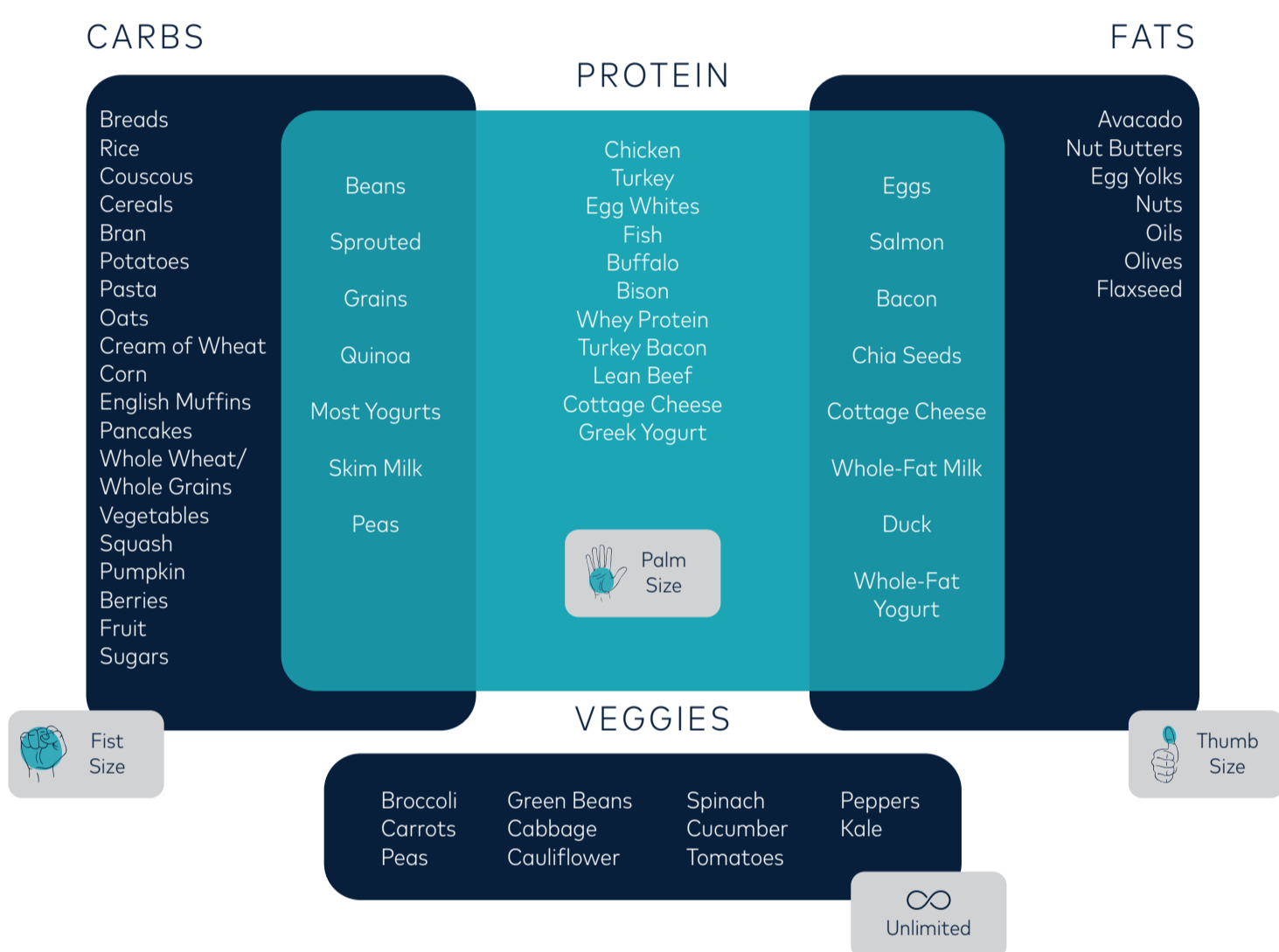
# A QUICK GUIDE TO WHOLE FOOD EATING

## What is Whole Food Eating?

- Emphasizes whole, minimally processed foods.
- Focuses on plants, including vegetables, fruits, whole grains, legumes, seeds and nuts, which should make up the majority of what you eat.
- Excludes refined foods, like added sugars, white flour, and processed oils.
- Pays special attention to food quality promoting locally sourced, organic food whenever possible.

## Macros and Portions

There are three categories of macros we focus on for eating: fats, carbohydrates, and proteins. Why do we divide them up? Different macros contain different amounts of calories which is the amount of energy that it takes our bodies to burn them by volume.



## HOW SHOULD WE BUILD OUT OUR PLATES?

