

# HOW TO UPGRADE

Ingredients are the number one indicator of quality. Start to replace your favorite processed foods with these better options. The key is to not give anything up, just make everything better. Less ingredients are best and if you can't read it, you shouldn't eat it.



**PROCESSED PEANUT BUTTER**



**ONE INGREDIENT PEANUT/NUT BUTTER**



**PROCESSED JELLY**



**APPLE BUTTER**



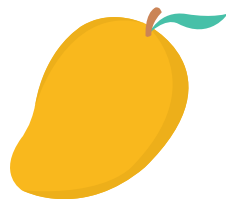
**PROCESSED SYRUP**



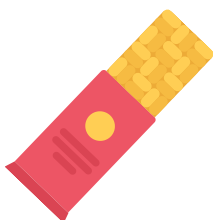
**PURE MAPLE SYRUP**



**FRUIT SNACKS**



**DRIED MANGOES**



**PROCESSED GRANOLA BAR**



**BARS WITH MINIMAL INGREDIENTS**



**ENERGY DRINK**



**COCONUT MILK**



**PROCESSED CEREALS**



**OATMEAL OR TEFF**



**COW'S MILK**



**NUT MILK**



**PROCESSED LUNCH MEAT**



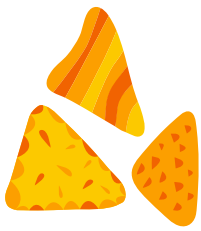
**NITRATE FREE DELI MEAT**



**MAYONNAISE**



**AVOCADO OIL MAYO**



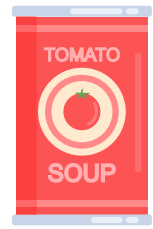
**DORITOS**



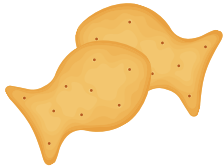
**LOW INGREDIENTS  
COUNT TORTILLA CHIPS**



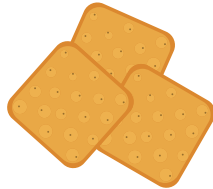
**CLASSIC TOMATO  
SOUP**



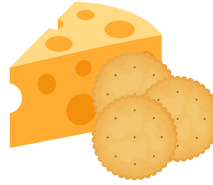
**ORGANIC TOMATO  
BISQUE**



**GOLDFISH**



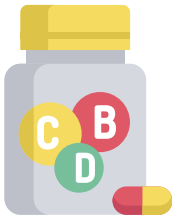
**ORGANIC CHEDDAR  
CRACKERS**



**CHEESE &  
CRACKERS**



**HUMMUS & VEGGIE  
STICKS**



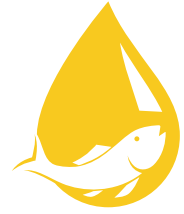
**MULTIVITAMINS**



**SPIRULINA/  
CHLORELLA**



**ADHD/ADD  
MEDICATIONS**



**COD LIVER OIL**

## Nutrition Facts

About 15 servings per container  
Serving size 1/4 cup (45g)

Amount per serving  
**Calories 160**

% Daily Value\*

<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 33g	12%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
<b>Iron</b> 2mg	10%
Potassium 115mg	2%
<b>Thiamin</b> 0.5mg	40%
<b>Riboflavin</b> 0.2mg	15%
<b>Niacin</b> 4mg	25%
<b>Folate</b> 34mcg DFE (119mcg folic acid)	90%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched Durum Flour (Durum Wheat, Niacin, Iron, Thiamin, Riboflavin, Folic Acid).  
CONTAINS: Wheat.

# READING A LABEL

Focus on finding foods with as few ingredients as possible. While most of us will look at the calories first, all calories are not equal. Looking at the ingredients is the easiest way to determine which brand or product is the highest quality and easiest for your body to digest.

## STANDARD PASTA

INGREDIENTS: Enriched Durum Flour (Durum Wheat, Niacin, Iron, Thiamin, Riboflavin, Folic Acid).  
CONTAINS: Wheat.

## BEST PASTA

INGREDIENTS: Organic Durum Wheat Semolina Flour

*Kira Andersen*  
HEALTH & WELLNESS