

Session 16 – Eat Real Food, Not Fake Food

Activity:

Take the 7 day Real Food Family Challenge. Following are some examples of Real Foods your family should consume more.

- Consume whole foods (foods in its most natural state).
- 100% whole grain or whole-wheat breads or tortillas.
- Fresh fruits and vegetables.
- Plain yogurt and cheese.
- Lean proteins like cheese, beans, turkey, chicken without skin, fish, eggs, nuts and seeds.
- Drink water, milk, 100% juice and plain (lightly sweetened) tea or coffee.
- Natural sweeteners like honey or 100% pure maple syrup (in small amounts).
- Food Log: Record the Real Foods your family consumed every day.

Weekly Log: Record the Real Foods Your Family Consumed Every Day

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							

