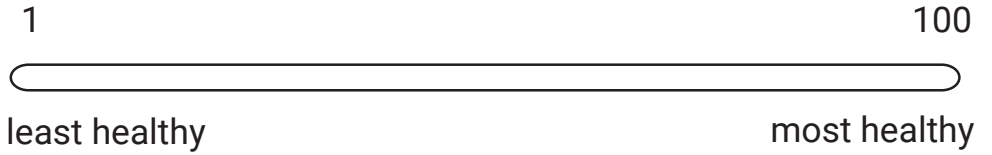


Name _____

Seed to Table Nutrients

On a scale of 1-100
how healthy would
you rank your diet.



How much
water should
you drink
each day?

MacroNutrients

MicroNutrients

Eat food that a _____ would eat. (_____)

Eat as little _____ , _____ & _____ as possible.

MicroNutrient Health Benefits





