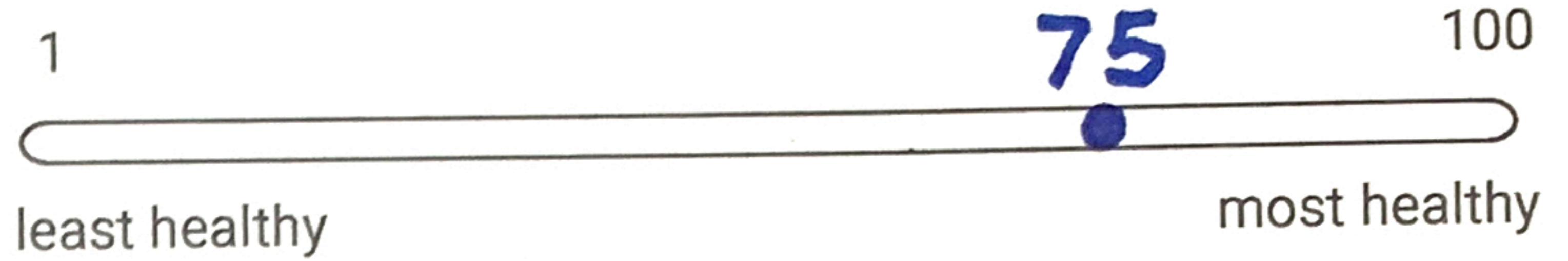


Name STUDENT

Seed to Table Nutrients

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



6 GLASSES 2L

How much water should you drink each day?

MacroNutrients

PROTEIN

FAT

CARBOHYDRATES

MicroNutrients

VITAMINS

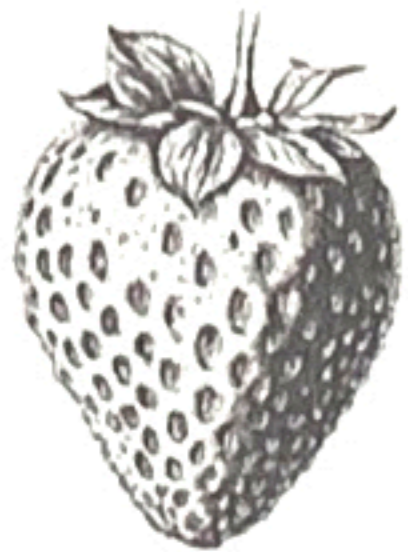
MINERALS

ANTIOXIDANTS

Eat food that a CAVEMAN would eat. (PALEO DIET)

Eat as little SUGAR, SALT & FRIED FOODS as possible.

MicroNutrient Health Benefits



IMMUNE SYSTEM

BRAIN HEALTH



GOOD EYES

REDUCE BALDNESS



REDUCE STRESS

IMPROVE MEMORY



DENSE BONES

CLEAR SKIN