



# TIME FOR CHANGE

What's out...

- 1. Stop making excuses.**  
Make your health a priority.
- 2. Don't let the package fool you.**  
Read and understand food labels.
- 3. Ditch the sugary drinks.**  
When choosing a beverage, choose water.
- 4. Go meatless.**  
Opt for more plant-based meals.
- 5. Don't give up on grains.**  
Sprouting grains gives them superpowers.

