

Optimize your Nutrition!



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Secrets of Wellness

Scientific evidence is leading people today to new considerations regarding their dietary choices. Which diet will enhance my life quality? How will my choices

impact the environment? Consuming a plant-based diet can greatly benefit your physical and mental health, as well as being more earth-friendly. Such a diet consists in having most of your calories from whole grains, legumes, nuts, fruits and vegetables. When unrefined and little processed, these foods provide rich amounts of vitamins, minerals, fib-

er and phytochemicals. Legumes - including soy - and nuts are good sources of plant proteins. If consumed, eggs or milk should be used in moderate amounts. Enjoy all the colors, aromas and varieties of plant-based foods! ♥

You can start today!

