**FOUR ALWAYS**

1. **100% Whole grains**: Farro, quinoa, brown rice, bulgur (cracked wheat), oatmeal, whole cornmeal
2. **Nuts**: A handful a day
3. **Beans**: A cup of beans per day
4. **Fruit & vegetables**: 5-10 servings per day

**FOUR TO AVOID**

1. **Sugar-sweetened beverages**: Empty calories
2. **Salty snacks**: Too much salt and preservatives
3. **Packaged sweets**: Cookies, candies, and processed sweets banned from pantry
4. **Processed meats**: Linked to cancer and heart disease