1. **Learn to read labels.** Read the list of ingredients on the packages of the food that you buy. You must know what you are eating, where the ingredients come from. If you can pronounce them, you can eat them.

2. **Substitute for better options.** When you identify the TOXIC ingredients on the labels of products, start searching for better ones. Go on to look for products that are not genetically modified, ingredients you can pronounce, and know where they came from. Food is meant to nourish our bodies.

3. **Eat real food**. Look for food that comes from the earth, not from a factory, foods without a "30-year" pantry life

4. **Skip stores that focus on selling more for less**. When possible, shop in grocery stores that focus on health. Shop on "farmers markets," CO-OP, or local farms.

5. **Eat something raw EVERY day**. I'm not just talking about lettuce, tomatoes, and fruit, try other raw vegetables (beets, cauliflower, pepper, etc.). You will be surprised at how delicious they are!

6. **Do one thing at a time**. When I learned what goes into our food, I just wanted to throw everything away that I had in my fridge and pantry. But I realized that the best changes are those made little by little. So I took one step at a time.

7. **Make this information available to all your family; get your kids involved in grocery shopping decisions**. Read with them the labels of the products and ask questions. Choose together better options.

8. **Try a new recipe every week**—a healthy recipe, full of clean, wholesome ingredients.

9. **Drink water—a** lot of water during the day.

10. **We are what we eat.** Eat clean. Eat healthily. Eat deliciously.