

Shaklee
180



Make Over Your Pantry

A SIMPLE WAY TO HELP YOU EAT HEALTHIER

Get rid of these high-sugar, high-calorie, high-fat culprits standing between you and a healthier diet:

- Sugary pop
- Sweetened drinks
- Cakes
- Cookies
- Pastries
- Pies
- Candy
- Snack cakes
- Cereal bars
- Mayonnaise
- Snack chips
- Crackers
- Packaged muffins
- Mixes (cakes, muffins, etc.)
- Sugary cereals
- White bread
- White rice
- White flour and cornstarch
- Corn and blended vegetable oils, shortening
- Sugar

TRY SUBSTITUTING:

THESE	WITH THESE
Sugary cereal	High-fibre, low-sugar cereal
Packaged potato chips	Raw almonds
White bread	100% whole grain bread
White flour	Whole wheat flour
Blended vegetable oil	Olive oil
Sugary snacks	Fruit, such as apples, bananas, and berries
Processed foods (e.g., jar of salsa)	Fresh foods (e.g., fresh, homemade salsa)