

A HEALTHIER LIFESTYLE



Limiting your intake of highly-processed food and focusing primarily on nutritious whole food isn't a diet – it's a healthy lifestyle!

EXAMPLES OF WHOLE FOODS:

VEGETABLES	FRUITS	NUTS	SEEDS	BEANS	WHOLE GRAINS	FISH
------------	--------	------	-------	-------	--------------	------

Whole food contains beneficial nutrients such as vitamins and minerals that are often lost or removed from processed food. But whole food doesn't mean bland food – there are countless ways to season whole food that will satisfy your taste buds!

Look at some of the recipes on the NuStart website:

<https://www.nustarthealth.com/tools-etc/recipes/>

PERSONAL COACHING
GET STARTED

[nuSTARThealth.com/get-started](https://www.nustarthealth.com/get-started)
877.563.0700 | INFO@NUSTARHEALTH.COM