

# Awareness Challenge

Making better food choices at the supermarket, in restaurants, or even in the home can feel like a daunting task once we begin to realize what is happening behind the scenes in our food system.

**But we believe that making a positive shift can be simple, and it starts with shifting your mindset.**

Rather than get overwhelmed, we challenge you to **simply become more aware** of what is in the food you already eat. Things you might notice on food packaging, nutrition labels, and ingredient lists:

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- Real fruit
- Real vegetables
- Whole grains
- Less processed fats (whole milk, coconut oil)
- Realistic serving sizes
- Ingredients you can pronounce

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- Added sugars and sweeteners
- Unrealistic serving sizes
- Misleading marketing claims on the front of the package
- “Natural” flavors
- Highly processed oils
- Highly processed proteins
- Flavor enhancers (MSG, torula yeast)

**What will you notice?** We want to know! Next week we will begin with a discussion of:

- What surprised you?
- What was good/bad?
- What was confusing?