

## The World's Healthiest Foods are Whole Foods

*Brought to you Earth Fare*

*The World's Healthiest Foods* are also whole foods complete with all of their rich natural endowment of nutrients. They have not been highly processed nor do they contain synthetic, artificial or irradiated ingredients. And whenever possible, *The Healthier Way of Eating* recommends purchasing "organically grown" foods, since they not only promote your health, but also the health of our planet.

We have selected foods that are not only familiar and available, but also affordable, especially if you purchase them locally and in season. This is also the time when they are the freshest and of the best quality.

The World's Healthiest Foods have been selected because they are among the richest sources of many of the essential nutrients needed for optimal health. We used a concept called nutrient density to determine which foods have the highest nutritional value.

Nutrient density is a measure of the amount of nutrients a food contains in comparison to the number of calories. A food is more nutrient dense when the level of nutrients is high in relationship to the number of calories the food contains. By eating the World's Healthiest Foods, you'll get all the essential nutrients that you need for excellent health, including vitamins, minerals, phytonutrients, essential fatty acids, fiber and more for the least number of calories.

### **All Natural Chicken:** 4 oz. portion

Calories 233=12% of daily allowance

High in protein, B vitamins including niacin and selenium

*No anti-biotics, vegetarian fed, certified humanely raised and handled*

### **Lean All-Natural Beef:** 4 oz. portion

Calories 240=13% of daily allowance

High in protein, B vitamins, good source of zinc and iron

*No anti-biotics, vegetarian fed, certified humanely raised and handled*

### **All-Natural Snapper:** 4 oz. portion

Calories 145=7% of your daily allowance

*Very high in protein, potassium, and Omega 3 Fatty Acid*