NENA'S WELLNESS CORNER

CLEAN EATING & ANTI-INFLAMMATORY DIET NUTRITION COACHING

EAT THIS	NOT THAT
Whole grain bread	White bread
Homemade granola	Sugary cereals
Olive oil or avocado oil	Vegetable oil
Fatty fish (salmon, tuna)	Processed meat (bacon, sausage)
Fresh fruits with nuts	Chips or candy
Herbal tea, water	Soda
Honey or maple syrup	Refined sugar
Brown rice, Quinoa, Barley	White rice
Whole-wheat pasta	Regular pasta

www.nenaswellnesscorner.com