

Diet Trends

- EAT: Organic (when possible), fresh fruits and vegetables, raw foods, plant proteins (such as some nuts, seeds, and legumes), soybeans, and tofu.
- AVOID: Alcohol, caffeine, grains, conventional meats, eggs, processed foods, flour, refined sugar, some forms of dairy (yogurt and kefir are allowed), and excess animal meats in the diet (from non-grass-fed sources).

The **Mediterranean Diet** involves eating mostly plant-based foods (fruit, vegetables, whole grains, legumes, and nuts), and healthy fats (such as extra virgin olive oil) while reducing red meat consumption to no more than a few times a month and eating fish or poultry at least twice a week. It has been shown to reduce the body's bad cholesterol and reduce your risk of cardiovascular disease and other chronic health conditions.

- EAT: Fruits, vegetables, fish, chicken, whole grains, and limit unhealthy fats.
- AVOID: Added sugar, refined grains, trans fat, refined oils, processed foods and meats, and eat red meat sparingly.

Weight Loss Grant

If you are serious about losing weight and want to be financially rewarded for your efforts, consider applying for a weight loss grant! To be considered, simply apply by visiting: [HTTP://WWW.WEIGHTLOSSGRANTS.ORG/](http://www.weightlossgrants.org/), or call 1-866-670-6578, 9am-9pm ET, Monday to Friday. All steps required to apply for this grant are noted under the "How it Works" tab on the website listed above. The amount of your grant will be up to 80% of the cost of your weight loss program, to a maximum of \$2,500, and is conditional upon full compliance with the terms and conditions of this program.



For more information visit:
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