Healthy Plant-Based Daily Food Guide

- **Calcium-Rich Foods**
  - (page 130)
  - 4 - 6 Servings

- **Vegetables**
  - 2/3 raw 1/3 cooked
  - 6 - 8 Servings daily

- **Whole Grains, Cereals, Pasta & Brown Rice**
  - 3 - 4 Servings

- **OmeGA-3 Fatty Acids**
  - Flax Seeds
  - Vitamin D

- **Beans, Legumes, Nuts & Seeds & Alternatives**
  - 2 - 3 Servings daily

- **Fruits**
  - 4 - 6 Servings daily

- **Water**
  - 8 glasses daily

You are what you eat, drink, breathe, think, say and do! – Patricia Bragg, N.D., Ph.D.

Reprinted from the book, *Water The Shocking Truth That Can Save Your Life!*