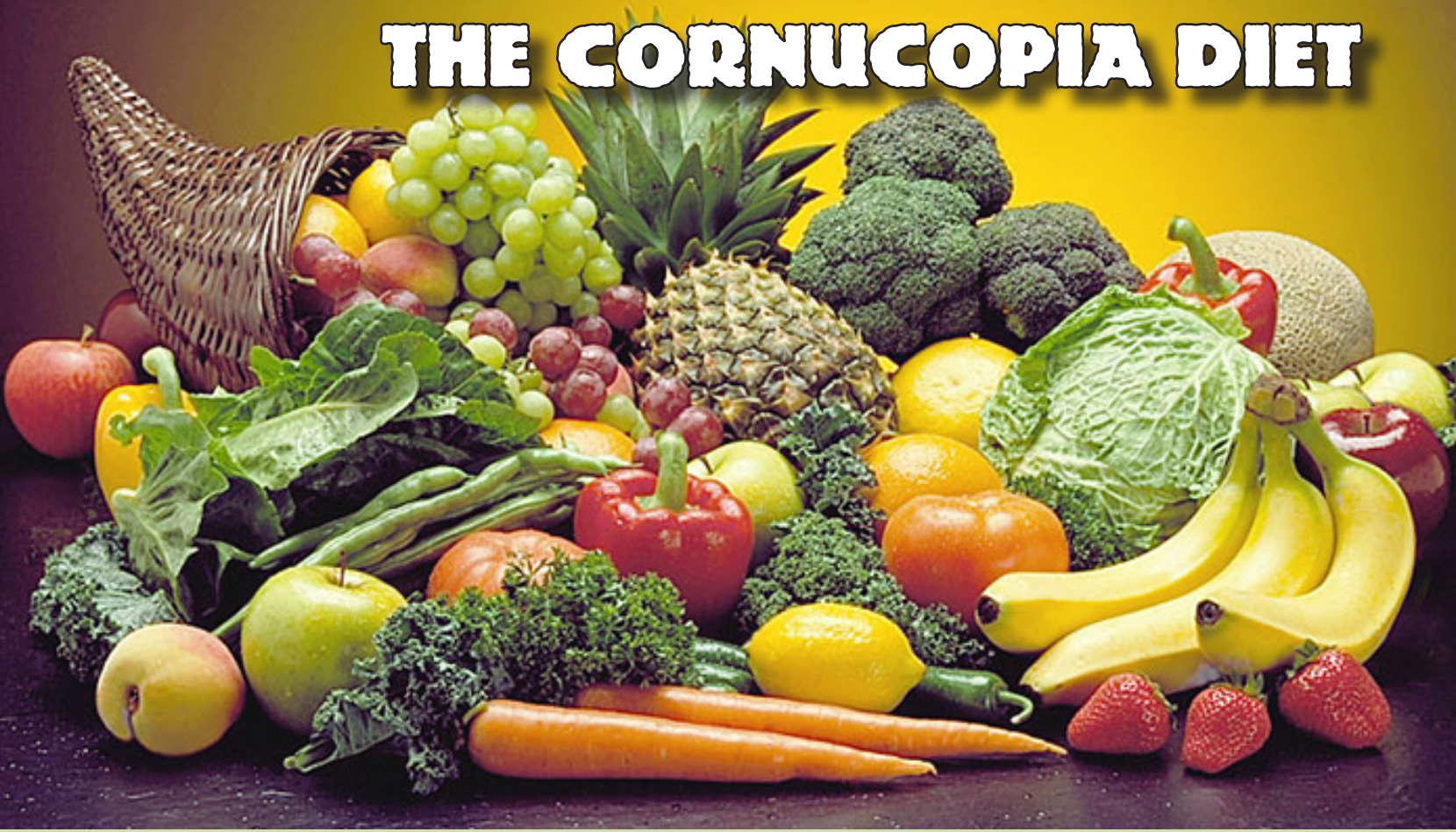


THE CORNUCOPIA DIET



For a more nutritious diet replace white and bleached foods with colorful fruits and vegetables. Eat locally grown foods and produce. Little things like this can help you to be healthier. Remember to eat from the **RAINBOW**

Swap commonly used ingredients for more healthy alternatives:

- Not sugar honey & brown sugar.
- Not lard. olive or canola oil
- Not salt sea salt or other spices
- Not bleached wheat. . . whole grains
- Not white potatoes. . . . sweet potatoes



Some local native foods to eat include: pumpkins, apples, strawberries, blueberries, blackberries, potatoes, zucchini, squash, & corn.

Buy from local seafood and meat producers.



This Cornucopia Diet Zine was produced by youth in the Young Researchers Community Project (YRCP) with funding from the Southern Maryland Agricultural Development Commission. YRCP is sponsored by BLCE. For more information about YRCP and the BLCE visit www.blce.org.