

If you crave this!

Eat this!



Cows Milk

Cows milk is full of lactose, hormones, and saturated fat



Almond Milk

Almond milk is low in calories, rich in Vitamin E, and lactase free



Chips

Chips are fried, processed, high in sodium



Veggie Crisps

Homemade veggie crisps are healthy, baked, and high in fiber



Sweets

Sweets are full of artificial sugar, cause fatigue, weight gain, increase your risk of heart disease



Fresh Fruit

Fruits are naturally sweet, filled with vitamins and fiber