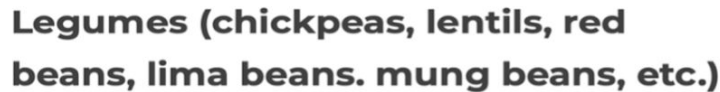


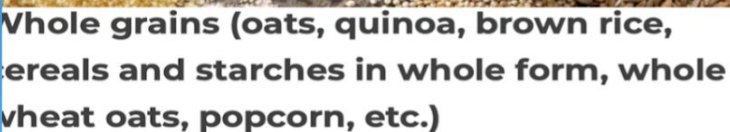
# FOOD




**Fruits (apples, bananas, grapes, strawberries, citrus fruits, etc.)**



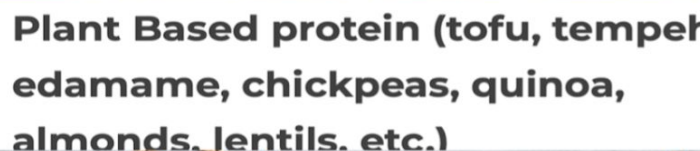
**Legumes (chickpeas, lentils, red beans, lima beans, mung beans, etc.)**



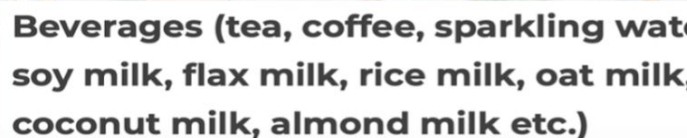
**Whole grains (oats, quinoa, brown rice, cereals and starches in whole form, whole wheat oats, popcorn, etc.)**



**Tubers (potatoes, sweet potatoes, yam, taro, cassava, crosne, jicama, Jerusalem artichokes)**



**Plant Based protein (tofu, tempeh, edamame, chickpeas, quinoa, almonds, lentils, etc.)**



**Beverages (tea, coffee, sparkling water, soy milk, flax milk, rice milk, oat milk, coconut milk, almond milk etc.)**

