

GET DOWN TO BUSINESS

{ ONE STEP AT A TIME }

Where do you eat during your day? How can you make better food choices to promote a healthy heart?
Making smart choices throughout the day can be simple. Let's take a closer look:

WHAT'S IN YOUR PANTRY?

1. **Snacks:**

2. **Canned food:**

3. **Pastas/dried goods:**

4. **Cooking oils/fats:**

5. **Other:**

WHAT IMPROVEMENTS CAN I MAKE?

1. _____
2. _____
3. _____
4. _____
5. *Keep whole natural almonds as a versatile pantry staple.*

WHAT IS AT WORK?

1. **Desk:**

2. **Vending machine:**

3. **Lunch:**

4. **Beverages:**

5. **Other:**

WHAT IMPROVEMENTS CAN I MAKE?

1. _____
2. *Choose high-fiber options, low-fat popcorn, whole-grain pretzels, or trail mix with almonds.*
3. _____
4. _____
5. _____

WHAT DO YOU EAT ON THE GO?

1. **Gym bag:**

2. **Purse:**

3. **Car:**

4. **Other:**

WHAT IMPROVEMENTS CAN I MAKE?

1. _____
2. *The Perfect Portion Almond Tin stores 23 almonds for an on-the-go treat without taking up much space.*
3. _____
4. _____

AT THE STORE:

1. **When do you shop?**

2. **What is your shopping routine?**

3. **How do you plan your meals?**

WHAT IMPROVEMENTS CAN I MAKE?

1. _____
2. _____
3. *Plan meals a week in advance—look for new recipes on www.AlmondBoard.com.*