

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:

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.*

AT WORK:

1. **DESK:**

2. **VENDING MACHINE:**

3. **LUNCH:**

4. **BEVERAGES:**

5. **OTHER:**

WHAT IMPROVEMENTS CAN I MAKE?

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

3. _____
4. _____
5. _____

ON THE GO:

1. **GYM BAG:**

2. **PURSE:**

3. **CAR:**

4. **OTHER:**

WHAT IMPROVEMENTS CAN I MAKE?

1. _____
2. *The perfect-portion almond tin holds 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 AlmondBoard.com.*

Go to AlmondBoard.com for the printable file. Document #2009HP0025. © 2011 Almond Board of California. All rights reserved.