



## Mediterranean Wellness

### Week 2: Accountability Card

If you consume dairy, take a moment and make some commitments to choose and consume healthier dairy products.

**Place a check in the box beside the things you are currently doing when it comes to dairy consumption:**

Consume coffee creamers that contain fake ingredients	<input type="checkbox"/>
Consume low-fat flavored yogurts that are high in sugar content	<input type="checkbox"/>
Consume fat-free and sugar-free flavored yogurts	<input type="checkbox"/>
Consume low-fat and/or fat free cheeses	<input type="checkbox"/>
Consume margarine	<input type="checkbox"/>

Now take notice of where you see the check marks. What are you willing to do to change these eating behaviors?

What is one way you can fiddle with your household budget to have more money to spend on quality foods?



#### Grocery Shopping List for the Week from: The Dairy Aisle

_____	_____	_____
_____	_____	_____
_____	_____	_____