



Mediterranean Wellness

Week 5: Accountability Card

If you consume bread and baked goods, take a moment and make some commitments to choose and consume healthier bread and baked good products.

Place a check in the box beside the things you are currently doing when it comes to breads and baked goods consumption:

Choose packaged breads that contain additives and preservatives	<input type="checkbox"/>
Choose baked goods that have been prepared with fake ingredients	<input type="checkbox"/>
Consume prepackaged baked goods from vending machines and stores	<input type="checkbox"/>
Eat out on a regular basis not knowing the quality of the restaurant's bread	<input type="checkbox"/>

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

Do you know where the closest place is to your home to purchase quality bread products? If not, take this week to discover the closest place to your work or home that you can purchase clean bread products.

Grocery Shopping List for the Week from the Bread Aisle

_____	_____	_____
_____	_____	_____
_____	_____	_____