



Mediterranean Wellness

Week 6: Accountability Card

If you consume canned foods, take a moment and make some commitments to choose and consume healthier canned food options.

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

Choose canned soups without reading the ingredient list	<input type="checkbox"/>
Do not limit salt intake in other areas when using a canned food product	<input type="checkbox"/>
Consume canned meat products	<input type="checkbox"/>
Choose canned fruits and vegetables more than fresh and frozen	<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 are the main ingredients you want focus on limiting from your canned good products?



Grocery Shopping List for the Week: The Canned Foods Aisle

_____	_____	_____
_____	_____	_____
_____	_____	_____