



## Mediterranean Wellness

### Week 7: Accountability Card

If you consume cereals, take a moment and make some commitments to choose and consume healthier cereal options.

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

Eat a sugar laden cereal for breakfast	<input type="checkbox"/>
Eat breakfast bars without reviewing the ingredient list	<input type="checkbox"/>
Do not read ingredients lists on cereals	<input type="checkbox"/>
Do not use oatmeal as a breakfast option	<input type="checkbox"/>
Do not use healthy grain options for breakfasts or side dishes at other meals	<input type="checkbox"/>

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

**Name a grain you have never tried (Examples: Bulgur, Quinoa, Couscous, Buckwheat, etc). What is one way you can give this grain a try?**



#### Grocery Shopping List for the Week: The Cereal Aisle

_____	_____	_____
_____	_____	_____
_____	_____	_____