



research shows that consumption of omega-3s may reduce the risk of heart disease.

Nuts and Seeds

A delicious source of protein and fiber, nuts and seeds contain heart-healthy unsaturated fats.

Walnuts and flax seeds are the best plant sources of omega-3 fats, almonds are loaded with vitamin E, and Brazil nuts are a rich source of selenium.

Legumes

Beans and lentils are an excellent source of low-fat protein. They are rich in soluble fiber and minerals, including potassium.



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When we say “Eat Real Food”, we mean:

1. Eat whole foods as they are presented from nature.
2. Avoid foods that have been refined or unnecessarily processed, which removes the naturally occurring nutrients (and are often synthetically fortified).
3. Real Food includes whole grains, vegetables, fruits, dairy products, meats and seafood, nuts and seeds, and legumes.

The USDA's Dietary Guidelines for Americans are based on the latest scientific findings and reinforce the importance of getting more nutrients from the foods we eat. In order to do this, it is important to select a variety of nutrient-dense foods from every food group. Real Food, i.e. natural products in their purest state, unadulterated by artificial additives, sweeteners, colorings, hydrogenated fats, or preservatives, are the most nutritious and best-tasting foods available to meet this goal.

Most Americans are not underfed but are undernourished.

Each food group provides different essential nutrients that our bodies need to be healthy. Choose a variety of foods from each group every day.

Whole Grains

As a complex carbohydrate, whole grains add fiber, the essential B-vitamins, and minerals to your diet.

Vegetables

Vegetables provide our bodies with fiber, vitamins, minerals, and antioxidants. They are naturally low-



calorie, which makes them the perfect nutrient-dense food. Dark-colored vegetables are loaded with antioxidants.

Fruits

Like vegetables, fruits, in their whole form, provide our bodies with fiber, vitamins, minerals, and antioxidants. Choose fruits from every color group for the best balance of nutrients.

Dairy

Cultured dairy products like yogurt and kefir contain probiotics. These “friendly bacteria” support the intestinal tract and immune system.

Meats

Meats provide our bodies with protein, which is essential for building tissue and muscle. They are also a good source of iron, zinc, and other minerals.

Seafood

An excellent protein source, seafood is also low in saturated fat. Cold-water fish such as wild salmon contain beneficial omega-3 fatty acids. Supportive