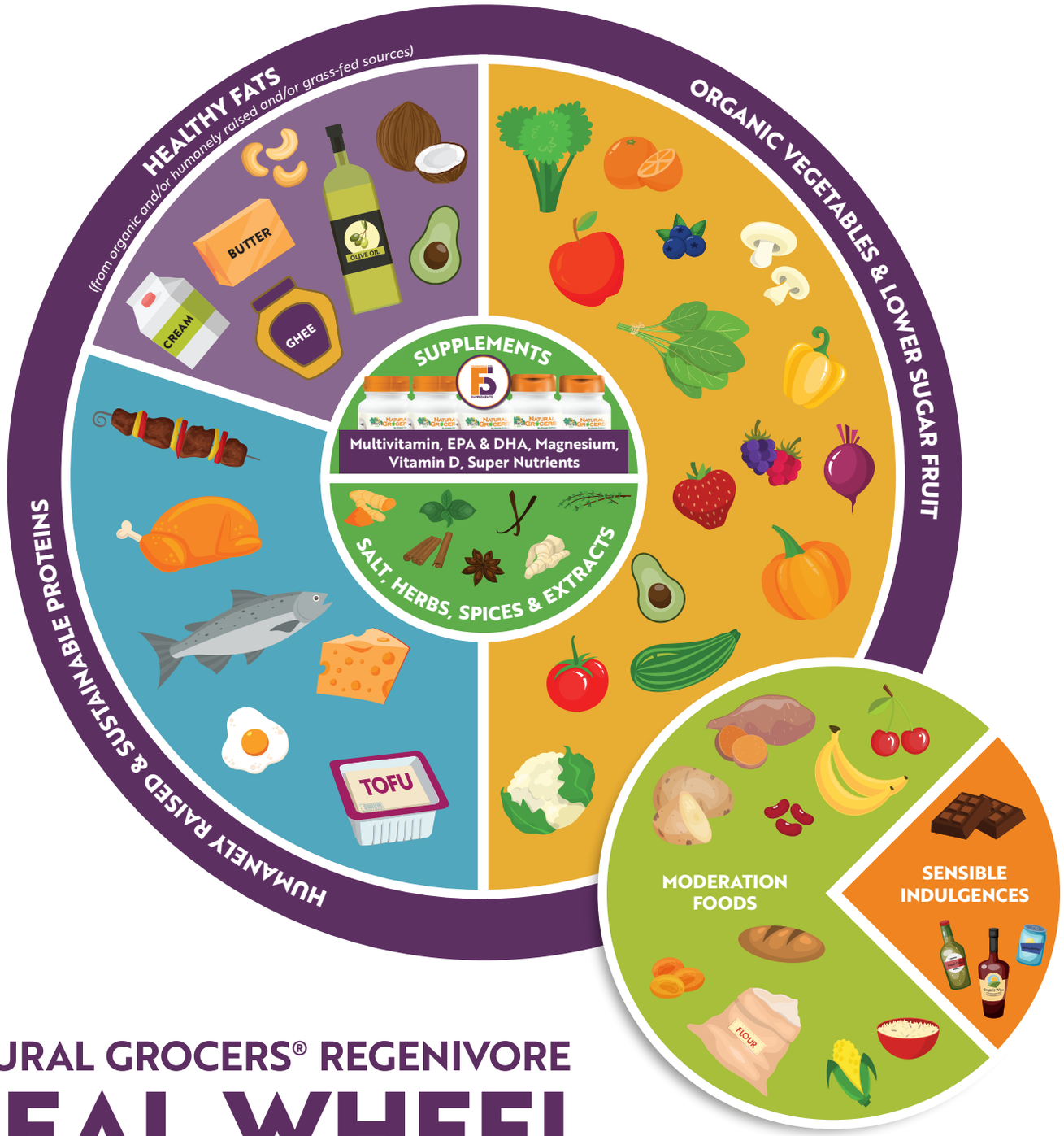
NATURAL GROCERS®



NATURAL GROCERS® REGENIVORE

MEAL WHEEL

What would you say to a way of eating that not only nourishes your body and builds vibrant health but also protects and regenerates our environment, paving the way for a better planet and future? Sign me up, right!? Enter ***regenerative eating***. By eating regeneratively, our food choices can have a big impact on our health and our planet by increasing the nutrient density of our diet, reducing toxic chemicals in our bodies and environment, curbing greenhouse gas emissions, preserving vital ecosystems, and building soil health to provide for us now and for future generations. *But, how do I eat like a regenivore?* Eating like a regenivore is easier than ever with the Natural Grocers Regenivore Meal Wheel.

Following the meal wheel is good4u℠; it will help you build delicious, healthy, and satisfying meals that provide essential nutrients needed by the body to function optimally and support healthy blood sugar balance. It's also good4 the planet, because it emphasizes nourishing foods that are of the highest quality, grown by farmers and ranchers who prioritize practices that sustain and regenerate the environment. This includes foods that are organic, non-GMO, humanely raised, and sustainably sourced. To incorporate the principles of the Natural Grocers Regenivore Meal Wheel, simply follow the seven steps outlined on the back.

EAT LIKE A REGENIVORE!

How to Eat for Your Health & the Health of the Planet in *7 Simple Steps*

1 Base meals on plenty of *—aim for 1/2 of your plate—* low to moderate carbohydrate organic vegetables and include lower sugar organic fruit as desired. Vegetables and lower sugar fruits are nutrient-dense sources of complex carbohydrates and fiber that support health and wellbeing. Studies show that eating veggies and fruit even supports happiness!

What Makes It Regenerative: Organic practices increase the nutrient content of food and help to regenerate soil health. Organic is also naturally non-GMO.

2 Include a palm-size portion of humanely raised and/or sustainable protein. Your body requires sufficient protein to build body tissues—from your cells to your muscles to your hormones. Including protein in meals is key to supporting balanced blood sugar and is necessary for your body's repair and maintenance capabilities. Animal proteins contain high levels of vitamins, minerals, healthy fats, and all of the essential amino acids in sufficient amounts to fuel the body's regenerative capacities. Relying on plant-based protein takes a more thoughtful approach to ensure you're meeting your nutritional needs and should focus on organic foods. Vegetarians/vegans should consume a variety of plant-based protein sources daily to meet their needs.

What Makes It Regenerative: At Natural Grocers®, our humane and sustainable standards ensure that animals are not given antibiotics, growth hormones, and other growth promotants, and are provided with sufficient space to exhibit natural behaviors. Keeping antibiotics and the other drugs used in concentrated animal feeding operations (CAFOs) out of our waterways is essential for the ongoing health of our water supply. Ensuring that animals are out on pasture and interacting with the land in natural and healthy ways helps maintain the health of the soil so that it can sequester carbon dioxide (CO_2) and hold water for healthy ecosystems.

3 Add healthy fats from organic and/or humanely raised and/or grass-fed sources. Fats build healthy cells, are critical for brain and nerve function, provide fat-soluble vitamins and are a preferred source of energy for most of the body. Healthy fats can be used for cooking, dressing a dish, and/or consumed directly as a snack, or as part of a meal. They can also be found in protein sources you already have on your plate. It is important to understand that saturated fat from quality sources supports health in numerous ways for most people (See our *Fats—Good, Sugar Bad* Customer Literature File). The unhealthy fats include chemically modified fats (hydrogenated oils, trans fats, interesterified fats, and mono- and diglycerides) and conventional vegetable oils (i.e. soy, corn, cottonseed).

What Makes It Regenerative: When you choose organic and/or grass-fed healthy fats and wild-caught and sustainably sourced seafood, you are supporting agricultural systems that eliminate the use of toxic pesticides and promote ecological health.

4 Experiment with moderation foods. These foods can be part of a healthy diet but should be organic and consumed in moderation (or excluded for some) due to their higher carbohydrate content, and/or lower nutrient density, and/or anti-nutrient content. How much (if any) of these foods you include will be based on your energy needs, individual food tolerances, and health goals. Work with one of our in-store Nutritional Health Coaches if you don't know where to start.

What Makes It Regenerative: Organic prohibits the use of glyphosate as a pre-harvest aid, helping limit your exposure to this health-damaging synthetic pesticide. By prohibiting glyphosate, organic agriculture practices support the health of the environment and wildlife (including butterflies, honeybees, and ladybugs).

5 Maximize flavor and supercharge health by adding high-quality, unrefined salt, and organic herbs, spices, and extracts.

What Makes It Regenerative: Natural Grocers only sells organic herbs and spices. Organic growing methods tend to increase the phytonutrient content of herbs and spices. Organic also prohibits irradiation and pasteurizing with toxic substances like propylene oxide (PPO) that can harm the environment.

6 Fill nutritional gaps and optimize health with supplements. The Natural Grocers recommended Foundational Five Supplements are a good place to start to provide your body with key nutrients that can help you achieve your health goals.

What Makes It Regenerative: We believe supplements support the body's ability to thrive and help provide us with the energy and brainpower to be stewards of the earth.

7 Opt for sensible indulgences on occasion. This includes high-quality treats made with whole-food and nutrient-dense ingredients that contain natural sugars and/or less sugar, and may also include high-quality alcoholic beverages.

What Makes It Regenerative: By emphasizing organic and biodynamic in this category, it elevates soil, plant, and community health and encourages biodiversity.

References Available Upon Request

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