

Plan a practical food choice

Use the spaces below for your own notes. Bring questions to the appropriate professional.

1. The meal or snack I am planning:

2. What I already enjoy about it:

3. One ingredient or preparation choice to consider:

4. Budget, time, equipment, or access needs:

5. Allergies or medical nutrition instructions:

6. What I will shop for or prepare:

7. What I noticed after trying it:

8. My next adjustment:

Use the food guide flexibly. A category or level is not a diagnosis, nutrient score, or substitute for individual nutrition advice.

Read the guide:

<https://urolongevitypress.com/articles/closest-to-the-sun-food-guide.html>