

# Read Like a Scientist.



For each pair below, circle the option you think is more whole-food. Then check the ingredient list — and see if your gut was right.

## 01 · BREAKFAST

A

### Strawberry Yogurt — Brand A

**INGREDIENTS**

Cultured grade A reduced fat milk, sugar, water, strawberries, modified corn starch, fructose, kosher gelatin, citric acid, tricalcium phosphate, natural flavor, pectin, colored with carmine, vitamin A acetate, vitamin D3.

B

### Plain Whole-Milk Yogurt — Brand B

**INGREDIENTS**

Pasteurized organic whole milk, live active cultures.

## 02 · LUNCH

A

### Multigrain Sandwich Bread — Brand A

**INGREDIENTS**

Enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, wheat gluten, soybean oil, yeast, salt, calcium propionate (preservative), monoglycerides, datem, sorbic acid, soy lecithin, calcium sulfate, ammonium chloride, potassium iodate, citric acid.

B

### Sourdough — Local Bakery

**INGREDIENTS**

Organic wheat flour, water, sea salt, sourdough starter.

## 03 · SNACK

A

### Chocolate-Chip Granola Bar — Brand A

**INGREDIENTS**

Granola (whole grain oats, sugar, canola oil, rice flour, honey, salt, soy lecithin, baking soda, natural flavor), corn syrup, chocolate flavored chips (sugar, palm kernel oil, cocoa, dextrose, soy lecithin, artificial flavor), high fructose corn syrup, glycerin, fructose.

B

### Apple + Almond Butter

**INGREDIENTS**

1 medium apple. Almond butter (dry roasted almonds, sea salt).

## REFLECT

**Which surprised you most? What's one swap you'll try this week?**

---



---