

Wang's Martial Arts

5311 FM 1960 Rd. E. #J
Humble, TX 77346
U.S.A.

Phone (281) 548-1638, (281) 682-3387
E-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com

School Phone number:
281-548-1638,
281-682-3387 (Cell)

July 2017 Newsletter Summary



- 07/01/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
- 07/07/17 - Basic Sabre class start.
- 07/15/17- July Birthday Party
- 07/21/17 - Accelerated program rank test 6 pm to 8 pm.
- 07/22/17-
- 07/29/17 - Lucky Land demonstration.



Wang's Martial Arts College Student Scholarship Fund:

2009 Scholarship Fundraising Banquet - \$628.98

Inner-School tournament:

December 5, 2009 - \$105.00
March 6, 2010 - \$85.00
July 10, 2010 - \$100.00
December 6, 2010 - \$105.00
March 19, 2011 - \$80.00
June 4, 2011 - \$115.00
September 10, 2011 - \$150.00
December 3, 2011 - \$110.00
March 3, 2012 - \$150.00
Outdoor Training (3-25-12) - \$100.00
June 30, 2012 - \$160.00
September 29, 2012 - \$185.00
December 15, 2012 - \$125.00
May 4, 2013 - \$90.00
August 10, 2013 - \$105.00
November 2, 2013 - \$85.00
March 29, 2014 - \$90.00
August 2, 2014 - \$90.00
November 8, 2014 - \$45.00
January 24, 2015 - \$60.00
May 16, 2015 - \$65.00
Susan Fischman (7/18/15) - \$5.00
October 3, 2015 - \$55.00
December 19, 2015 - \$75.00
March 5, 2016 - \$45.00
March 2016 Birthday - \$25.00
April 2016 Birthday - \$40.00
May 2016 Birthday - \$20.00
June 2016 Birthday - \$10.00
Darren Bush (6/14/16) - \$500.00
June 25, 2016 - \$20.00
July, 2016 Birthday - \$30.00
August 13, 2016 Birthday - \$40.00
September, 17, 2016 Birthday - \$10.
Marilyn Kidd (9/1/16) - \$200.00
October 8, 2016 Tournament - \$55.
Padraic Gilbert (1/21/17) - \$100
January 14, 2017 Birthday - \$20.
February 17, 2017 Birthday - \$85.
March 11, 2017 tournament - \$45.
March 18, 2017 Birthday - \$15.
April 15, 2017 Birthday - \$25.
July 15, 2017 Birthday - \$25.
Wang's Martial Arts (Jan. to Apr.) - \$400.
Wang's Martial Arts (May) - \$100.
Wang's Martial Arts (June) - \$100.

Total - \$4693.98 - \$300 - \$300 - \$1000 - \$2000 = \$1093.98

\$300 scholarship to Ms. Megan Payne on 06-04-12

\$300 scholarship to Mr. Wilfred Hung on 06-24-13

\$1000 scholarship to HISD student on 01-30-2016.

\$1000 scholarship to HISD student on 01-21-2017.

\$1000 scholarship to U of H student on 01-21-2017.

Current student at Wang's Martial Arts who is taking 12 or more college credit hours at semester final report card:

All A's - \$300.00
A & B's - \$200.00
All B's - \$100.00

Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card:

All A's - \$500.00
A & B's - \$300.00
All B's - \$200.00

Proverbs 4 .

- ¹⁸ The path of the righteous is like the morning sun, shining ever brighter till the full light of day.
¹⁹ But the way of the wicked is like deep darkness; they do not know what makes them stumble.

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 6-19-17 (Monday)
Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 – 14 years old
Date: 07/06/2017 (Thursday)
Time: 8:00 – 9:00 pm

Age 15 – 98 years old
Date: 07/06/2017 (Thursday)
07/13/2017 (Thursday)
07/20/2017 (Thursday)
07/27/2017 (Thursday)

Time: 8:00 – 9:00 pm

New Student:

Carol Bond,	Gabriel Navarro,
Galilea Navarro,	DeAnte Batiste,
DeShane Batiste,	Villa Payne,
Connor Sheridan,	
Holt Nichols,	Sawyer Nichols

Welcome!

Kung Fu Rank Test

Date: 5-14 yrs: 8-26-2017, Saturday, 1:30-3:30 pm
15 yrs +: 8-26-2017, Saturday, 3:30-5:30 pm
5 - 108 yrs: 8-28-2017, Monday, 6:00-8:30 pm

Must register on or before 8-24-2017.
Test fee : \$40.00 and up

Accelerated program rank test

July 21, 2017 (Friday) 6 – 8 pm

Red, Brown and Black Belt Class

Every Saturday morning from 9:00 – 10:00 am

* For all student's family members & guests, please be silent during the class in progress. The instructors and students require all the concentrations to teach and to learn. Please do not distract the class by talking.

All young people learning from parents, teachers, adults and their surroundings. Please be good example to all our young generations to observe the rules. We are counting on them to build better and brighter future for us and for themselves.

June Birthday

Jason Tansey	7/31
Ayden Sowers	7/28
Dougan Caruthers	7/18
Shaun Campbell	7/30
Liliana Campa	7/9
Susan Fischman	7/21
Cyndi Henderson	7/24
Fernando Garcia	7/25
Frank Gamez	7/8
Luke Munson	7/14
Jordan Godfrey	7/15
Clement Le Bon	7/21
Corin Jones	7/25
Greg Gordon	7/11
Earvin Patterson	7/15
Luccas Conceicao	7/17
Christopher McCarty	7/22
Ethan Araguz	7/31
Bill Campbell	7/14
Joshua Stockton	7/30
Antonio Bussey	7/4
Eli Duda	7/5
Jacob Solache	7/8
Rose Aschel	7/23
Randy Draughon	7/25
Ethan Araguzx	7/31
John Bell	7/4
Anthony Zorrilla	7/6
Karla Tinajerp	7/8
Vincent Polidore	7/16

Happy Birthday



Tai Chi Rank Test

Date: 9-16-2017 (Sat.)
Time: 12 noon – 2:00 pm



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Web site: www.WangsMartialArts.com

Birth Day Party for Wang's martial Arts students

Date: July 15, 2017 (Saturday)
Place: Wang's Martial Arts
5311 FM 1960 Rd. E. #J
Humble, TX 77346
(281) 682-3387, (281) 548-1638



Wang's Martial Arts will be holding a birthday party for the month of June. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie lunch. There will be demonstration of Kung Fu & Tai Chi for your guests. It is for Health, Physical Fitness, Confidence, Discipline and Self Defense. All students can participate in demonstration.

Cost: \$5.00 per person (All proceed will go to Wang's Martial Arts scholarship fund).

Time: 1:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),
Veggie lunch (Veggie Chicken Nuggets , Veggie Egg Roll, Veggie Dumpling, Organic Potato
Chips.

No soft drink/replace with Bottled water).

Chocolate birthday cake, Singing Happy birthday song in English, Chinese & Spanish.

2:30 pm – Party end.

REGISTRATION FORM - Reservation before June 15, 2017. No late registration.

NAME: _____, DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (HOME): _____ PHONE (WORK): _____

Phone (cell): _____ Date of Birth: _____

e-mail: _____

Number of guest: _____, Amount Paid: \$ _____.

Family Special

Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month <small>(12 to 13 lessons in a month)</small>	\$159.00	\$143.00	\$74.50	\$74.50	Free
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

KUNG-FU class schedule

Adults	(Age 15-108)	Tue. Sat. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue. Mon./Tue./Wed./Thur./Fri. Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM 10:00 - 11:00 AM

TAI CHI CHUAN

All ages	Tue. Sat. Mon./Wed./Fri. Wed. Tue.	12:00 Noon- 1:00 PM 5:00 - 6:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM
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Wang's Martial Arts

5311 FM 1960 E. #J
at Timber Forest Dr.
Humble, TX 77346

(281) 682-3387, (281) 548-1638

www.WangsMartialArts.com

Call for a Free Lesson



Guest Name: _____, by student _____

Date: _____

Phone (281) 548-1638, (281) 682-3387
e-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com

INNER SCHOOL TOURNAMENT

Date: 09-09-2017 (Saturday)
Time: Ages 5 - 80 2:00 PM – 5:00 PM
Place: Wang's Martial Arts
5311 FM 1960 Road E. #J
Humble, TX 77346
(281) 548-1638, (281) 682-3387
Entry Fee: \$45.00 up to two events
\$5.00 additional event
\$5.00 goes to scholarship fund



Listed below are the divisions; in each, a first, second, and third place trophies will be awarded.

Encouragement awards are given for everyone who does not place.

***** FORMS*****

Ages 5-8 Beg./ Int./ Adv.
Ages 9-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Brown/ Black.
TAI CHI Beg./ Int./ Adv.

*****WEAPONS*****

Ages 5-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Adv.

*****SPARRING*****

Ages 5-8 Beg./ Int./ Adv. (Boys & Girls)
Ages 9-14 Beg./ Int./ Adv. (Boys)
Ages 9-14 Beg./ Int./ Adv. (Girls)
Ages 15-17 Beg./ Int./ Adv. (Boys)
Ages 15-17 Beg./ Int./ Adv. (Girls)
Adult Men Beg./ Int./ Brown & Black.
Adult Women Beg./ Int./ Brown & Black

Registration form for INNER-SCHOOL TOURNAMENT

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____, STATE: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ e-mail address: _____

RANK: _____ AGE: _____ DATE OF BIRTH: _____

DIVISIONS: FORMS _____ SPARRING _____ WEAPONS _____ Amount Paid _____

Kung Fu Rank Test Results - 06/24/17

<p>Age 15 year old and +</p> <p>Devin Chambless- Yellow Willie Payne- Yellow Roy Tinajero- Yellow John Prewett- Yellow/stripe Clifton Powell- Yellow/stripe Mathew Trimm - Orange Rosel Rodriguez - Orange Jackie Rodriguez - Orange Migyuel Cacanindin- Green Harry Eugene- Purple Jeffrey Villarde – Blue/stripe</p>	
<p>Age 9 - 14 years old</p> <p>Damian Tinajero- Yellow Karla Tinajero- Yellow Jozlyn Rodriguez - Yellow/stripe Makinzi Rodriguez - Yellow/stripe Anthony Zorrilla - Yellow/stripe Sergio Gonzalez - Orange Tori Archinal - Purple Brandon Figueroa - Blue Hunter Figueroa - Blue Dominic Venegas- Red/stripe</p> <p>-----</p> <p>Age 5 - 8 years old</p> <p>Desmond Alemon- Yellow Juan Ceja - Yellow/stripe Avairya Rodriguez - Orange Paul Tang - Green</p> <p>-----</p> <p>Tai Chi test Result - 06/17/2017</p> <p>Monica Johnson- Yellow Gwen Doan- Yellow Guillermo Slack- Yellow Carol Bond- yellow Hai Deng - Orange Richard Olson - Orange Charbel Bechara - Orange Bill Campbell - Green Chris Duffy - Green Richard Sibley - Green Cynthia Pate - Blue Sammie Pate - Blue Ruby Abbott - Red</p>	<p>Brown & Black Belt Test - 4/15/2017</p> <p>Susan Fischman - Black (2nd), Ruby Abbott - Black (1st), Joel Le Bon - Black (1st), Deztanie Hellsten - Jr. Black, Joseph Hellsten - Jr. Black, Joseph Alonso - Jr. Black (1st), Madeline Briles - Jr. Black (1st), Alfred Kai Marayag - Brown/stripe,</p> <p>-----</p>  <p>Rank Test results - 05/19/2017</p> <p>John Prewett - Yellow Clifton Powell - Yellow Avairya Rodriguez - Yellow/stripe Rosel Rodriguez - Yellow/stripe Jacqueline Rodriguez - Yellow/stripe Sarah Szczepaniec - Yellow/stripe Miguel Cacanindin - Orange/stripe Jalen Latin - Orange/stripe James Mayo - Red</p>

Top Ten Reasons to Buy American Made

"Buy American!" might sound like nothing more than a slogan advanced by American manufacturers to sell products made in the USA, but the truth is that there are many reasons to consider buying American-made clothing, American-made toys, and other US-manufactured goods. We've listed just a few of the benefits of buying American below:

Top Ten Reasons to Buy USA Made Products:

10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.

9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.

8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.

7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.

6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.

5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.

4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.

3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.

2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.

1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

Join Made in USA Forever.com in standing up for America.

By Todd Lipscomb, founder of MadeinUSAForever.com and author of the book "Re-Made in the USA"

Also, please see our Facebook page here: <https://www.facebook.com/MadeInUSAForever>

To celebrate

New Year.

Buy American Made.





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Spring/Woodlands/Conroe

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Wang's Martial Arts

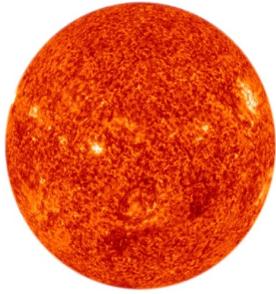
For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.



Feed cat, bird & wildlife in your backyard. They will protect your house, and they keep away snakes & pests.

Wang's Martial Arts is caring for & feeding these animals.





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- **Generate Your Own Electricity**
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- **Start Saving Money right away**
- **Achieve a Return on your Investment**
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- **Take Advantage of Federal Income Tax Credits (30% of System Cost in 2016)**
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- Assess your energy needs** based on past utility bills
- Determine the ideal location** for solar energy production
- Identify shading objects** that may impact energy production
- Propose a system** to fit your budget and reduce your electrical bills

*Mention this ad for special pricing available only to
Wang's Martial Arts
students and families*

For the benefit of everyone's health, eat Organic vegetables, fruits, grains and be kind to all animals.



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Web site: www.WangsMartialArts.com

Schedule:

07/01/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
07/07/17 - Basic Sabre class start.
07/15/17- July Birthday Party
07/21/17 - Accelerated program rank test 6 pm to 8 pm.
07/22/17-
07/29/17 - Lucky Land demonstration.

No class from 6/30/17 (Friday) to 7/5/17 (Wednesday) due to July 4th holidays.

08/04/17- Advanced Sabre Class Starts.
08/05/17- Kung Fu class at Octavia Fields Branch Library
08/12/17-
08/19/17- August Birthday Party.
08/26/17- Kung Fu Rank Test.
08/28/17- Kung Fu Rank Test.



T-Shirt days
Wednesday & Saturday class
(Unless if we have special event, rank test, demonstration
need to be in full uniform).



\$12.00

CLASS SCHEDULE
(Expanded class times effective on February 1, 2017)

KUNG-FU

Adults	(Age 15-108)	Tue. Sat.	11:00 - 12:00 Noon
		Tues./Thur.	4:00 - 5:00 PM
		Mon./Tue./Thur./Fri.	7:00 - 8:00 PM
		Mon./Wed.	8:00 - 9:00 PM
Children	(Age 5 - 14)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Tue./ Fri.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 pm (New)
		Saturday	10:00 - 11:00 AM
Tournament Competition Class		To be announced	
Family class	(Age 5-108)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Tue./Fri.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 PM (New)
		Saturday	10:00 - 11:00 AM

T'AI CHI CHUAN

Adult	(Age 18 - 108)	Tue. Sat.	12:00 Noon- 1:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM
		Tue.	8:00 - 9:00 PM
		Thur. (Brown & Black Belt only)	8:00 - 9:00 PM

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Sabre Class

Date : July 07, 2017 (Fri.)
July 14, 2017 (Fri.)
July 21, 2017 (Fri.)
July 28, 2017 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts
5311 FM 1960 Rd. E. #J
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Fee : \$49.00 / \$24.50 for Review

(15-80 years old, Yellow belt & above.)
(9-14 years old, Green belt & above)



REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

PHONE (HOME): _____ PHONE (WORK): _____

Cell phone: _____ Amount Paid _____

TAI – CHI – CHUAN - Testimony

Since earning (2nd) Black Belt in Tai – Chi – Chuan on 27 February 2016 from Master Wang – Wang’s Martial Arts, I decided I wanted to reach out and give back to the community by teaching Tai – Chi classes at Retirement Centers in Kingwood, Texas.

Currently I am teaching four (4) times a month or once per week at Watercrest Retirement Center and eight (8) times per month or twice per week at Brookdale Retirement Center. Both facilities are in Kingwood, Texas.

It is personally gratifying to me to see other people’s personal health and well being changed for the better as a result of practicing Tai – Chi.

Paul B. Greenwood
Student Wang’s Martial Arts

Top 20 Uses For Apple Cider Vinegar



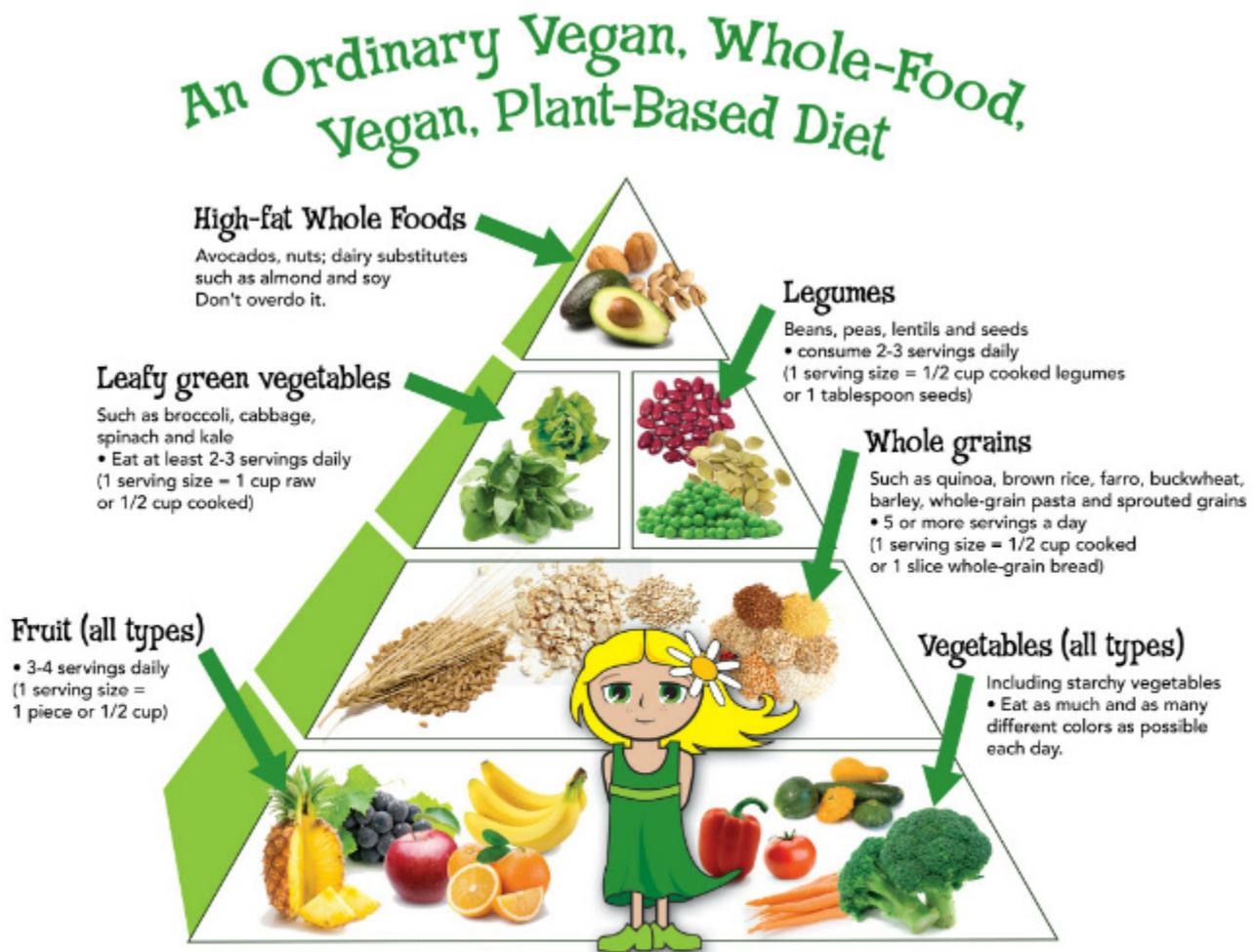
1. Wards off flu
2. Dissolves kidney stones
3. Detoxifies the body
4. Regulates pH balance in the body
5. Aids with nausea
6. Relieves heart burn
7. Relieves allergies
8. Lowers glucose levels in diabetics
9. Natural appetite suppressant
10. Helps relieve migraines
11. Helps relieve sinus pressure and infection
12. Lowers blood pressure
13. Lowers cholesterol
14. Kills cancer cells or slow their growth
15. Reduces inflammation, relieve arthritis
16. Gets rid of buildup on scalp
17. Gets rid of fingernail or toenail fungus
18. Soothes bug bites
19. Gets rid of warts
20. Clears skin



THIS RECIPE IS FAMOUS BECAUSE OF ITS EFFECT IN KEEPING NORMAL THE BLOOD SUGAR LEVELS.

Believe me when I tell you that it is very helpful when it comes to the problems mentioned before.

Source and image source: healthyfoodworld.net



Always remember to balance the food you eat with physical activity!
www.ordinaryvegan.net

* Be sure to include a good source of vitamin B12, such as fortified cereals or vitamin supplements

The Raw Food Pyramid

Medicinal Foods:
Eat Sparingly



Sea Weed, Nutritional Yeast



Herbs, Microgreens &
Juicing Grasses

Proteins &
Amino Acids:
Eat Moderately



Nuts & Seeds



Sprouts & Legumes

Foundation
Foods: Eat
Generously



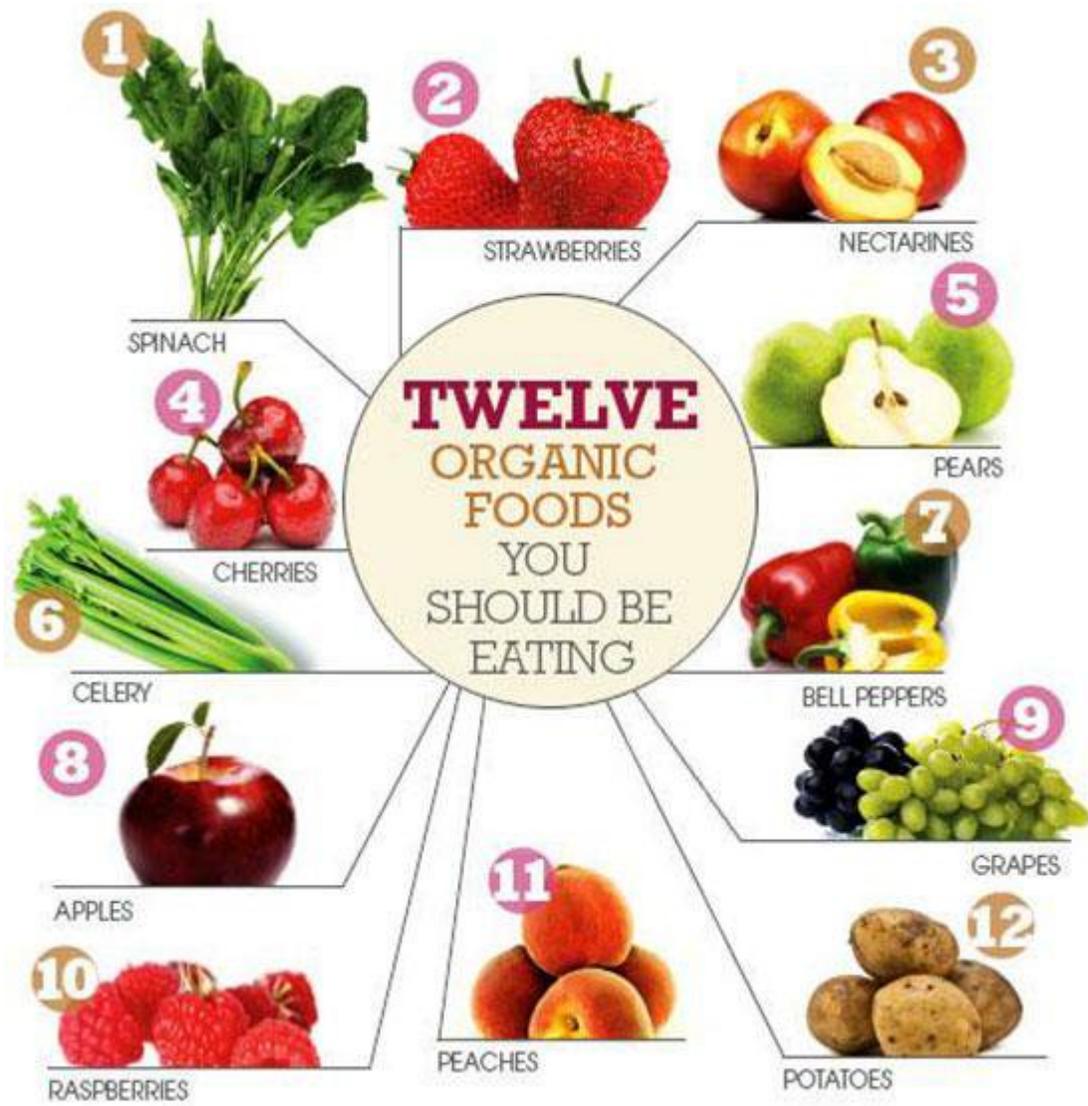
Fruits & Vegetables



Leafy Greens



Water



BENEFITS OF ORGANIC FOOD

Organic  Facts
www.organicfacts.net

Prevents premature
aging



Reduces risk of
heart diseases

Boosts immune
system



Promotes animal
welfare

Ensures safe & healthy
world for future
generation



Reduces presence
of pesticides

Tastes better than
non-organic food



Prevents cancer



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00						Kids Family
11:00		Adult				Adult
12:00		Tai-Chi				Tai-Chi
1:00-3:00						
4:00		Adult		Adult		
5:00	Tai-Chi	Kids Family	Tai-Chi	Kids Family	Tai-Chi	
6:00	Kids Family	Kids Family	Kids Family	Kids Family	Kids Family	
7:00	Adult	Adult Kids Family	Tai-Chi	Adult	Adult Kids Family	
8:00	Adult Kids Family	Tai-Chi	Adult	Tai-Chi		

# of classes per week	Adult	Kids	Family	Tai-Chi
	10	11	11	8

- Kung Fu (Red, Brown, Black) - Saturday 9:00 am to 10:00 am.
- Conditioning & Reaction Drill class - Thursday 8:00 to 9:00 pm.
- Guest Instructor class - to be announced.
- Weapon class - to be announced.
- Tournament practice class - to be announced.



Burgers That Go Beyond Beef

These veggie burger options put the cow out to pasture.



July/August 2015

By Michele Wojciechowski

Summer is upon us and so is one of its staples—cookouts. While a feature of a good cookout is a great burger, what do you do if you're vegetarian or vegan? Sure, you could buy a frozen veggie or vegan burger, but a homemade one would be so much better.

Vegetarian and vegan chefs say you can make and enjoy great meatless burgers. You just have to know what to do.

“If you can get away from the idea that it has to replicate meat and just have something that's tasty between a bun, then you've really opened yourself up to a trillion options,” says Miyoko Schinner, vegan chef, founder and chief executive of Miyoko's Kitchen and author of *The Homemade Vegan Pantry: The Art of Making Your Own Staples* (Ten Speed Press). Lukas Volger, cookbook author and founder of Made by Lukas, a line of fresh- vegetable veggie burgers, agrees, saying, “For me, a veggie burger is an expression of vegetables.” Roberto Martin—vegan chef (he was formerly Ellen DeGeneres and Portia de Rossi's personal chef), cookbook author and soon-to-be restaurant owner—says that vegan and veggie burgers won't pass a blind taste test as meat burgers, “nor should they.”

The key is to start with tastes you like. If you like black beans, use them. If you don't, then don't.



FRUITS

Fruits are great for hydration and they' re a fantastic source of **fiber, potassium, and antioxidants**. Apples, oranges, blueberries, and blackberries are some of the most nutritious.

Tip: Starting your day with a **fruit smoothie** is a great way to get your daily servings of fruit.



VEGETABLES

Vegetables are pretty much the healthiest foods on the planet. Some of the most nutrition-packed are kale, broccoli, spinach, and peppers.

Tip: Eat the rainbow! The varying, vibrant colors in vegetables exist because of the thousands of healthful **phytonutrients**.



NUTS AND SEEDS

Nuts and seeds are not only a great source of **protein** and **iron**, they also support a healthy immune system. Some of the best sources are peanut butter, walnuts, almonds, and pumpkin seeds.

Tip: Grab a handful of almonds as a satisfying, midday snack.



BEANS AND LENTILS

Beans and lentils provide a hefty dose of **protein**, and many are also a great source of **iron**. Kidney beans, split peas, and tofu (tofu is made of soybeans) are some of the best sources.

Tip: Always keep an open can of beans in the refrigerator for salads and snacks.



GRAINS & STARCHY VEGETABLES

Grains and starchy vegetables are a great source of **fiber**, **iron**, and **protein**. Brown rice, pasta, oatmeal, and sweet potatoes are a few of the healthiest options.

Tip: Whole grains are less processed and more nutritious than refined white grains.

Be sure to include these key elements in your veg diet.



VITAMINS D & B12

If you aren't eating any animal products, it's important to take **Vitamin D** and **B12** supplements, which can be found at your local supermarket or pharmacy.





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*Random Acts
of Kindness*

