**Title: How Do I Pronounce That?**

**Description: Find a way to ditch the box and pick something fresh**

Today’s challenge is to examine the foods you eat. Starting with your breakfast (or the first thing you eat) and going all the way through dinner, pay attention to how your food is packaged, how many items are on the ingredient list, and generally how much extra or unnecessary stuff goes into your diet--like sweeteners and salt. At the end of the day, ask yourself how much of your diet came from packaged foods. How much was fresh or made from scratch?

Once you’ve examined the food you eat with an eye toward figuring out how processed it all is, is there anything you could replace with something fresher and less processed? What is that food item? Is there more than one? Resolve to make that replacement. Write it down in your journal [X] and plan your next step toward reducing processed foods with fresher foods.