

Office

Printables:

Food for Thought



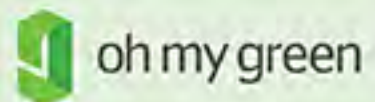
oh my green

FOOD FOR THOUGHT #12

Pistachios are one of the oldest flowering nut trees in the world.



BACK IN MY DAY...
WE CRACKED
OURSELVES OPEN!



The pistachio! A heart-healthy and antioxidant-packed snack.

FOOD FOR THOUGHT #18


Honey is the only naturally-occurring food that never goes bad.



FOOD FOR THOUGHT #21

A bunch of bananas is called a hand.



 oh my green

Did you know?! Aside from being a great source of potassium, fiber, and antioxidants, bananas contain several essential nutrients and provide benefits for digestion, heart health and weight loss. The list of health benefits is long, so be sure to include them as part as your snack options.

FOOD FOR THOUGHT #25

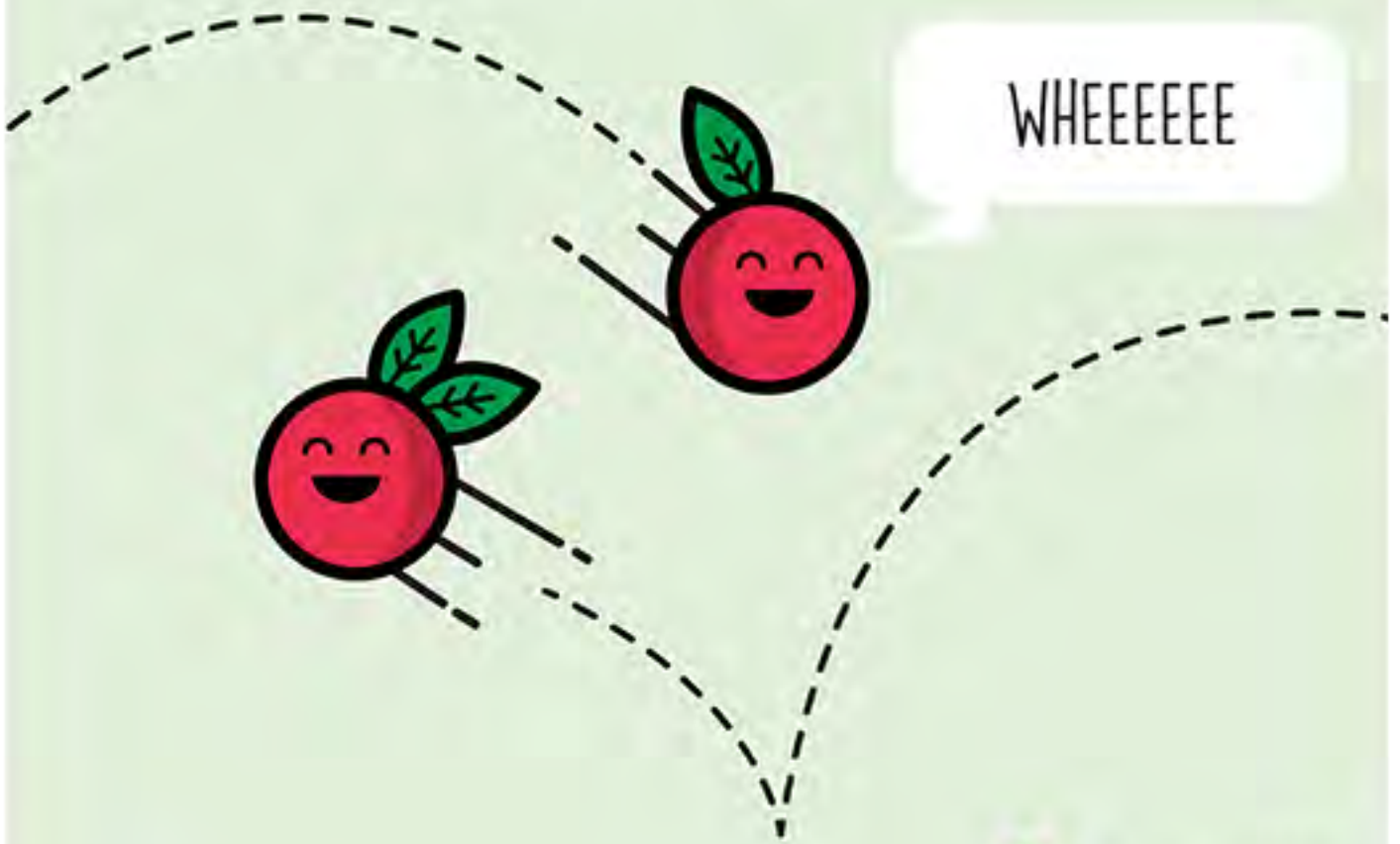
Canned peaches were the first ever fruit to be consumed on the moon.



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FOOD FOR THOUGHT #38

Ripe cranberries will bounce
like rubber balls.



FOOD FOR THOUGHT #43

Onion comes from a Latin word meaning large pearl.



FOOD FOR THOUGHT #55

The darker the chocolate, the higher the anti-oxidant content.



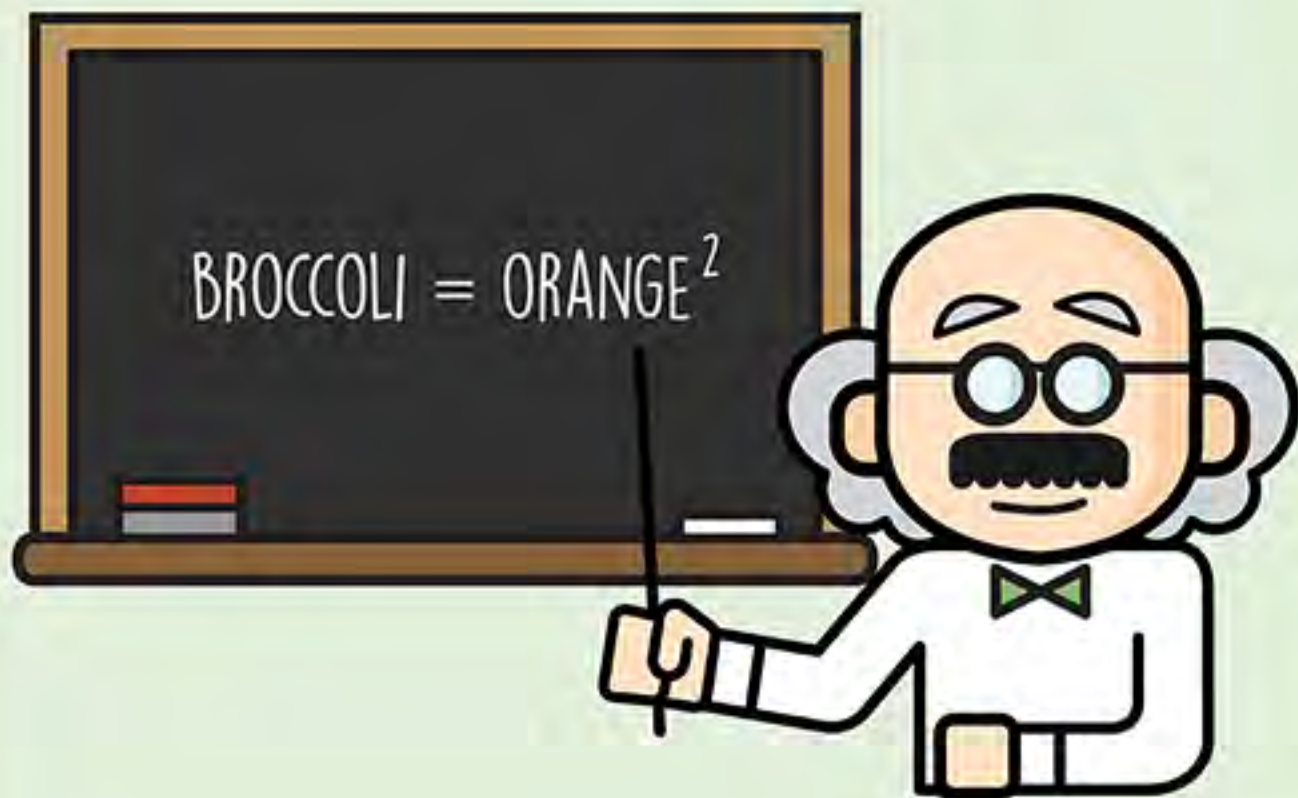
THAT GTL LIFE...



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FOOD FOR THOUGHT #59

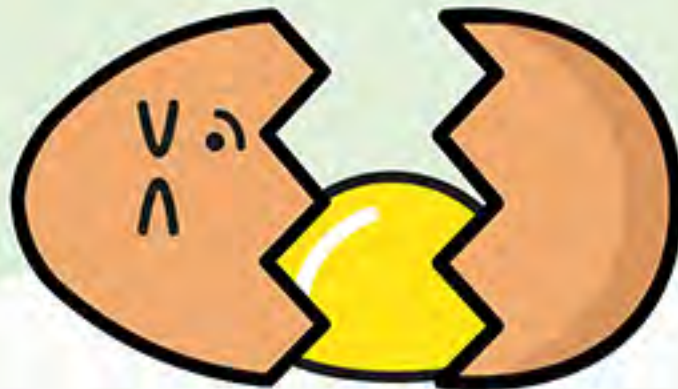
Broccoli contains twice the amount of vitamin C of an orange.



FOOD FOR THOUGHT #64

Amino acids found in eggs can help improve your reflexes.

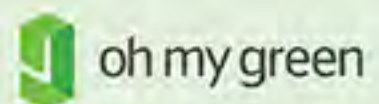
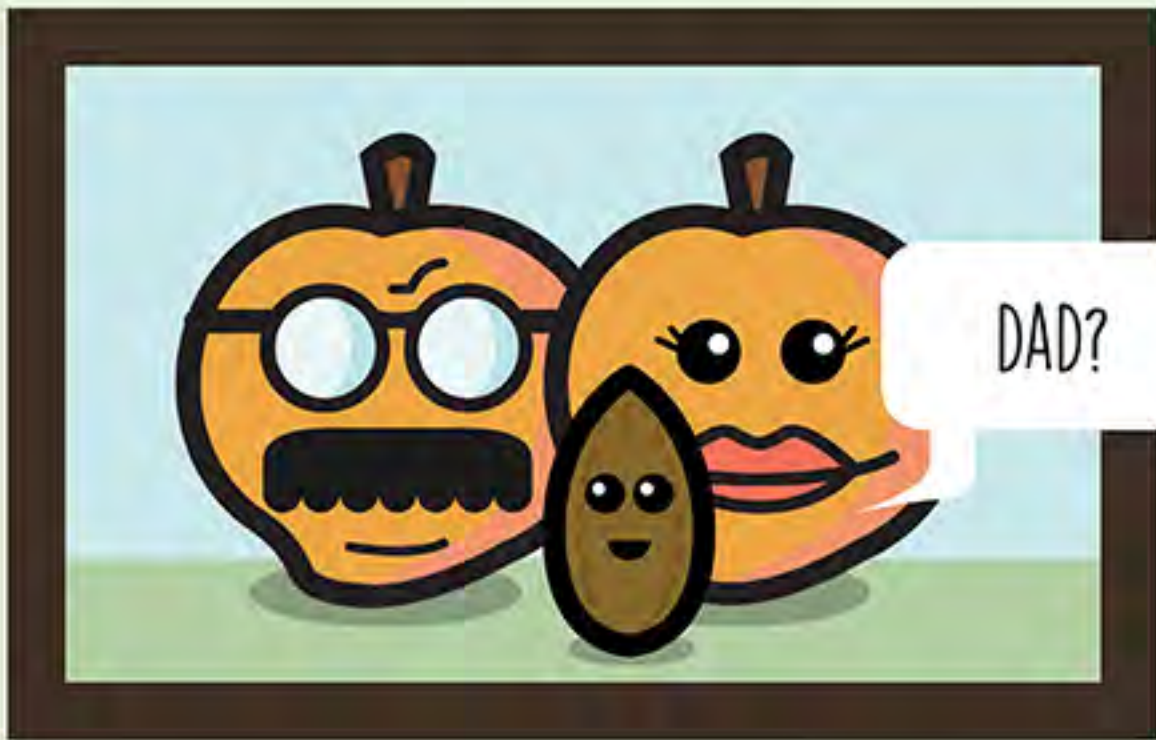
WATCH YOUR
REFLEXES!



oh my green

FOOD FOR THOUGHT #68

Almonds are a member
of the peach family.



Did you know #almonds are a part of the #peach family? ...And we thought our families were nuts!

FOOD FOR THOUGHT #75

Eating oatmeal provides a serotonin boost and improves your mood.

PEACE, LOVE,
& OATMEAL.



FOOD FOR THOUGHT #78

Chocolate was once used
as currency.

CHOCOLATE RAIN...



FOOD FOR THOUGHT #83

Cucumbers are 96% water.

COOLER THAN
A CUCUMBER...



oh my green

FOOD FOR THOUGHT #89

A strawberry isn't a berry,
but a banana is.

MOVE OVER,
STRAWBERRY...



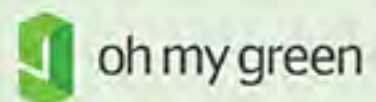
oh my green

FOOD FOR THOUGHT #95

Hydration is key for a good complexion, and makes you less prone to wrinkles.



YOU'RE ONE TALL GLASS OF WATER.



Staying hydrated helps your skin look younger. Drink up!

FOOD FOR THOUGHT #98

Extra virgin olive oil is one of the healthiest fats on the planet.



oh my green

FOOD FOR THOUGHT #108

Honey can soothe a hangover.

YOLO



oh my green

FOOD FOR THOUGHT #121

Apples are made of 25% air.

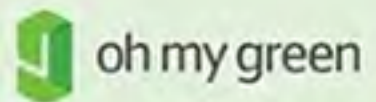


FOOD FOR THOUGHT #124

Avocado has the highest protein content of all fruit.



HULK
MAKE GUAC!



What's your favorite GREEN snack? Ours are avocados! Did you know that the avocado is virtually the only fruit that contains heart-healthy monounsaturated fat – good fat?!