

The keys to Real Food



1 Only REAL FOOD

Reduce your consumption of **ultra processed foods** and avoid those that come in plastic containers.



2 Return to the SOURCE

Choosing **sustainably produced food** is the best way to protect the environment.



3 Change from the BOTTOM UP

If you opt for real, sustainable food, you will make **more and more producers invest in it.**



4 The common GOOD

By choosing this type of product, you take care of your health and benefit the community by **promoting local production.**



5 A more BALANCED DIET

Base your diet on **vegetables, fruits, fresh meat and fish, pulses, whole grains, virgin oils, etc.**