

# Top 15 Ecolicious Food Tips

1. **Research, know the definitions and what's in your food**
2. **You are what you eat: look for the organic options**
3. **Diversify and go for the whole (foods)**
4. **Eating out: make that point to a healthier planet**
5. **Look where your products come from: buy locally**
6. **Eat less (factory-farmed) meat or go vegetarian/vegan**
7. **Fish? Be picky!**
8. **Dirty dozen, rather not**
9. **Go for the (water) tap**
10. **Choose soy, rice or almond milk over cow milk**
11. **Coffee and tea: buy responsibly**
12. **Choose organicoholic: beer, wine, whiskey, organic is the key**
13. **Reuse, recycle, reduce**
14. **Carbohydrates: choose local and organic, no white rice**
15. **Grow your own where possible**

