

Monthly 6 – Seminar Push for New Lead

Hi (Name),

When you're [trying to eat healthier](#), everyone will tell you that you need to eat fresh fruits and vegetables. However, sometimes, what you think is a good selection of produce ends up wilting or even rotting in the bottom drawer of your fridge before you even get a chance to taste it! Here are some of our top tips on how to pick the best produce:

1) Buy Organic!

Organic produce is by far the best you will ever get for your body. It's free of chemicals, pesticides, and growth hormones...and it tastes much, *much* better!

2) Buy Local!

Whenever possible, purchase produce from your local farmer's market or similar venue. Local farmers are truly in touch with the land and their crops. They don't pick their fruits and veggies when they're too green. Grocery store produce is often picked well before it's ripe, because it must be shipped from far away. This means that it's not full of all the nutrients you need in your fresh foods.

3) Don't Buy Packaged!

It might be tempting to purchase that pre-packaged salad with croutons and dressing, but it's simply not worth it. Not only are these foods not fresh, but they are usually full of additives and preservatives. A little extra effort put into chopping and making your own salad is worth the flavor...and the health! Also, buying bulk fruits can be dangerous. A bag of apples may seem easy, but by handpicking the best looking fruits, you'll avoid rotten or damaged pieces that could ruin the entire bunch!

4) Avoid Spots!

When selecting any fruit or vegetable, always avoid those that have squishy, brown spots. Even when you are selecting bananas, buy those that are yellow all over and allow them to ripen in your home. Those that have brown spots have likely been sitting in a dark corner or fridge for too long and aren't truly ripe for sweetness.

For even more tips on why picking good produce is the best for your bod, come to our [Weight Loss Seminar!](#) We can teach you even more about getting the right food for your body, and how that will help you lose the weight you've always wanted to!

See you there!

(Clinic Name and Information)